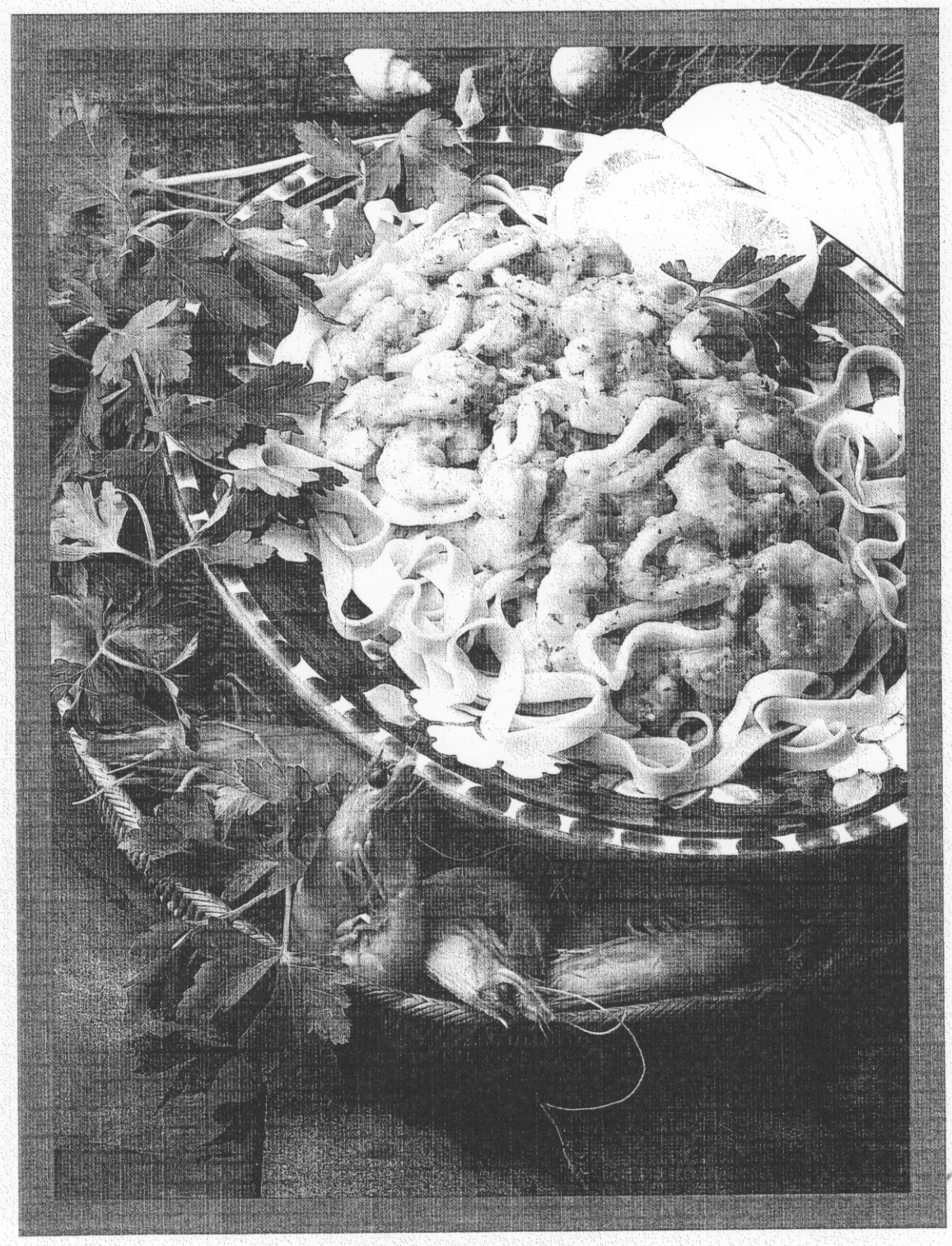
the Genius

Panasonic

Microwave Oven Cookbook



Operation Guide

NN-7852/NN-6852/NN-6702
NN-6712/NN-6752/NN-5752

Precautions in the Use of Microwave Ovens for Heating Food

INSPECTION FOR DAMAGE. A microwave oven should only be used if an inspection confirms all the following items:

1. The grille is not damaged or broken.
2. The door fits squarely and securely and opens and closes smoothly.
3. The door hinges are in good condition.
4. The door does not open more than a few millimetres without an audible operation of the safety switches.
5. The metal plates of the metal seal on the door are neither buckled nor deformed.
6. The door seals are neither covered with food nor have large burn marks.

PRECAUTIONS. Microwave radiation from microwave ovens can cause harmful effects if the following precautions are not taken:

1. Never tamper with or inactivate the interlocking devices on the door.
2. Never poke an object, particularly a metal object, through the grille or between the door and the oven while the oven is operating.
3. Never place saucepans, unopened cans or other heavy metal objects in the oven.
   Do not let other metallic articles, e.g. fast food foil containers, touch the side of the oven.
4. Clean the oven cavity, the door and the seals with water and a mild detergent at regular intervals. Never use any form of abrasive cleaner that may scratch or scour surfaces around the door.
5. Never use the oven without the trays provided by the manufacturer.
6. Never operate the oven without a load (i.e.an absorbing material such as food or water) in the oven cavity unless specifically allowed in the manufacturer's literature.
7. Never rest heavy objects such as food containers on the door while it is open for horizontally hinged doors.
8. Do not place sealed containers in the microwave oven.
   NOTE: Babies bottles fitted with a screw cap or a teat are considered to be sealed containers.

Important Instructions

WARNING——To reduce the risk of burns, electric shock, fire, injury to persons or excessive microwave energy:

1. Read all instructions before using microwave oven.
2. Some products such as whole eggs and sealed containers - (for example, closed glass jars **and sealed baby bottles with teat**) - may explode and should not be heated in microwave oven. Refer to cookbook for more detail.
3. Use this microwave oven only for its intended use as described in this manual.
4. As with any appliance, close supervision is necessary when used by children.
5. Do not operate this microwave oven, if it is not working properly, or if it has been damaged or dropped.
6. To reduce the risk of fire in the oven cavity:
   (a) Do not overcook food. Carefully attend microwave oven if paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
   (b) Remove wire twist-ties from bags before placing bag in oven.
   (c) If materials inside the oven should ignite, keep oven door closed, turn oven off at the wall switch, or shut off power at the fuse or circuit breaker panel.

Earthing Instructions

This microwave oven must be earthed. In the event of an electrical short circuit, earthing reduces the risk of electric shock by providing an escape wire for the electric current. This microwave oven is equipped with a cord having an earthing wire with an earthing plug. The plug must be plugged into an outlet that is properly installed and earthed.
WARNING—— Improper use of the earthing plug can result in a risk of electric shock.

WE CERTIFY THAT THIS MICROWAVE OVEN HAS BEEN INSPECTED AND COMPLIES WITH THE REQUIREMENTS OF REGULATION 3, SUBCLAUSE(2), OF THE MICROWAVE OVENS REGULATIONS 1982.
MATSUSHITA ELECTRIC INDUSTRIAL CO.,LTD.

(This statement applicable only to New Zealand.)

WARNING

a) The appliance should be inspected for damage to the door seals and door seal areas. If these areas are damaged the appliance should not be operated until it has been repaired by a qualified service technician trained by the manufacturer.
b) It is dangerous for anyone other than a qualified service technician trained by the manufacturer to service this appliance.
c) If the supply cord of this appliance is damaged, it must be replaced by the special cord available only from the manufacturer.

General Use

1. In order to maintain high quality, do not operate the oven when empty. The microwave energy will reflect continuously throughout the oven if no food or water is present to absorb energy.
2. If a fire occurs in the oven, touch the STOP/RESET Pad and Leave Door Closed, or turn TIMER to zero and Leave Door Closed. Disconnect the power cord, or shut off power at the fuse or circuit breaker panel.
3. Do not dry clothes, newspapers or other materials in oven. They may catch on fire.
4. Do not use recycled paper products, as they may contain impurities which may cause sparks and/or fires when used.
5. Do not use newspapers or paper bags for cooking.
6. Do not hit or strike control panel. Damage to controls may occur.
7. POT HOLDERS may be needed as heat from food is transferred to the cooking container and from the container to the glass tray. The glass tray can be very hot after removing the cooking container from the oven.
8. Do not store flammable materials next to, on top of, or in the oven. It could be a fire hazard.
9. Do not cook food directly on glass tray unless indicated in recipes. (Food should be placed in a suitable cooking utensil.)
10. **Do NOT** use this oven to heat chemicals or other non-food products. **Do NOT** clean this oven with any product that is labelled as containing corrosive chemicals. **The heating of corrosive chemicals in this oven may cause microwave radiation leaks.**

Placement of Oven

1. The oven must be placed on a flat, stable surface. For correct operation, the oven must have sufficient air flow. **Allow 10 cm of space at back, 5 cm on both sides and on top of oven. Do not remove feet.**
   a. Do not block air vents. If they are blocked during operation, the oven may overheat. If the oven overheats, a thermal safety device will turn the oven off. The oven will remain inoperable until it has cooled.
   b. Do not place oven near a hot or damp surface such as a gas stove, electric range **or sink etc.**
   c. Do not operate oven when room humidity is too high.
2. This oven was manufactured for household use only.
3. These ovens except for NN-5752 may be built into a wall cabinet, if desired. Trim kits may be purchased from a local Panasonic dealer. See page 20 for technical specifications.

Food

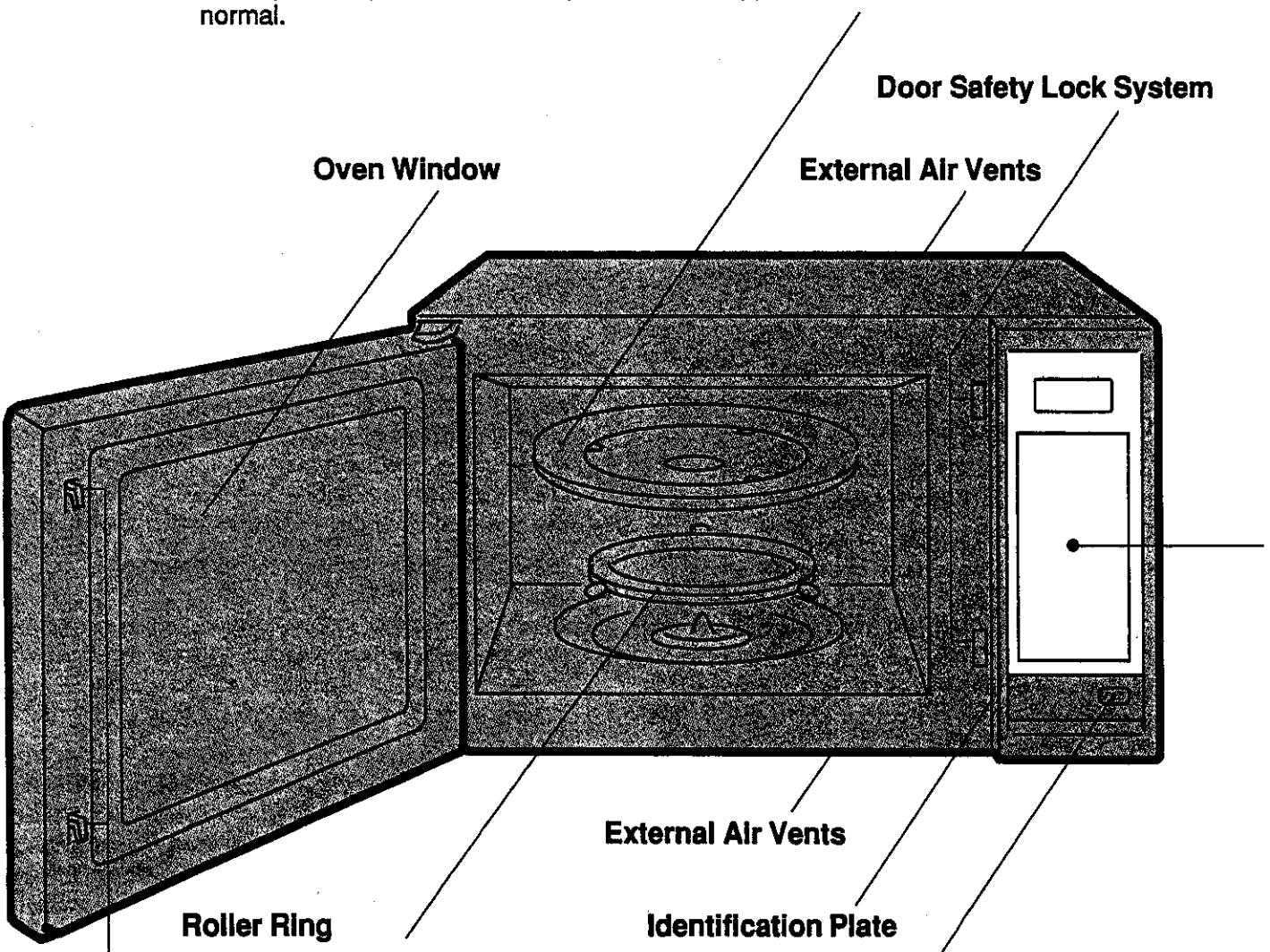
1. Do not use your oven for home canning or the heating of any closed jar. Pressure will build up and the jar may explode. In addition, the microwave oven cannot maintain the food at the correct canning temperature. Improperly canned food may spoil and be dangerous to consume.
2. Do not attempt to deep fat fry in your microwave oven.
3. Do not boil eggs in their shell. (unless otherwise stated in cookbook section.) Pressure will build up and the eggs will explode.
4. Potatoes, apples, egg yolks, whole squash and sausages are examples of foods with nonporous skins. This type of food must be pierced before cooking, to prevent bursting.
5. Stir liquids several times during heating to avoid eruption of the liquid from the container, e.g. water, milk or milk based fluids.
6. **DO NOT USE A CONVENTIONAL MEAT THERMOMETER IN THE MICROWAVE OVEN. To check the degree of cooking of roasts and poultry use a MICROWAVE THERMOMETER.** Alternatively, a conventional meat thermometer may be used after the food is removed from the oven. If undercooked, return meat or poultry to the oven and cook for a few more minutes at the recommended power level. It is important to ensure that meat and poultry are thoroughly cooked. (See the cookbook section for further information.)
7. **COOKING TIMES given in the cookbook section are APPROXIMATE.** Factors that may affect cooking time are preferred degree of moisture content, starting temperature, altitude, volume, size, shape of food and utensils used. As you become familiar with the oven, you will be able to adjust for these factors.
8. **It is better to UNDERCOOK RATHER THAN OVERCOOK foods.** If food is undercooked, it can always be returned to the oven for further cooking. If food is overcooked, nothing can be done. Always start with minimum cooking times recommended.
9. Extreme care should be taken when cooking popcorn in a microwave oven. Cook for minimum time as recommended by manufacturer. Use the directions suitable for the wattage of your microwave oven. NEVER leave oven unattended when popping popcorn.

Circuits

Your microwave ovens should be operated on a separate 230–240 V 10 A circuits from other appliances. Failure to do this may cause the power board fuse to blow, and/or food to cook slower. Do not insert higher value fuse in the power board.

Glass Tray

1. Do not operate the oven without the Roller Ring and Glass Tray in place.
2. Only use the Glass Tray specifically designed for this oven. Do not substitute any other Glass Tray.
3. If Glass Tray is hot, allow to cool before cleaning or placing in water.
4. **Do not** cook directly on Glass Tray. Always place food in a microwave-safe dish, or on a rack set in a microwave-safe dish.
5. If food or utensils on Glass Tray touches oven walls, causing the tray to stop moving, the tray will automatically rotate in the opposite direction. This is normal.



Roller Ring

1. The Roller Ring and oven floor should be cleaned frequently to prevent excessive noise.
2. The Roller Ring must always be used together with the Glass Tray for cooking.

Identification Plate

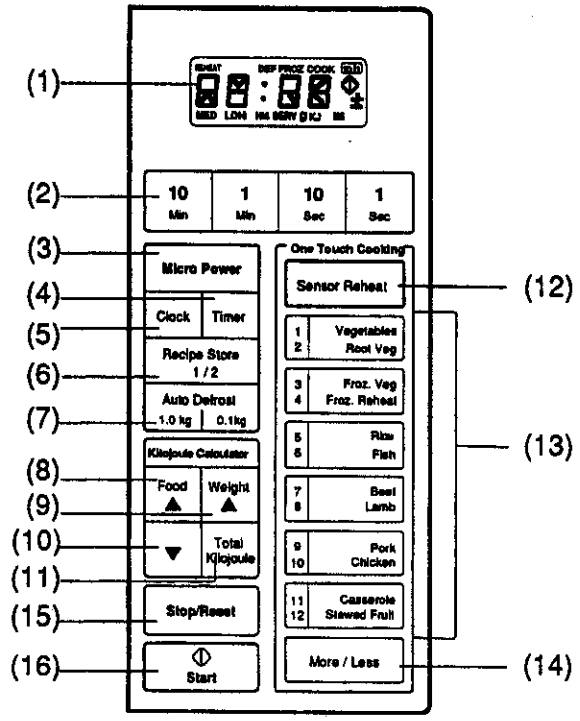
Door Safety Lock System

Door Release Button

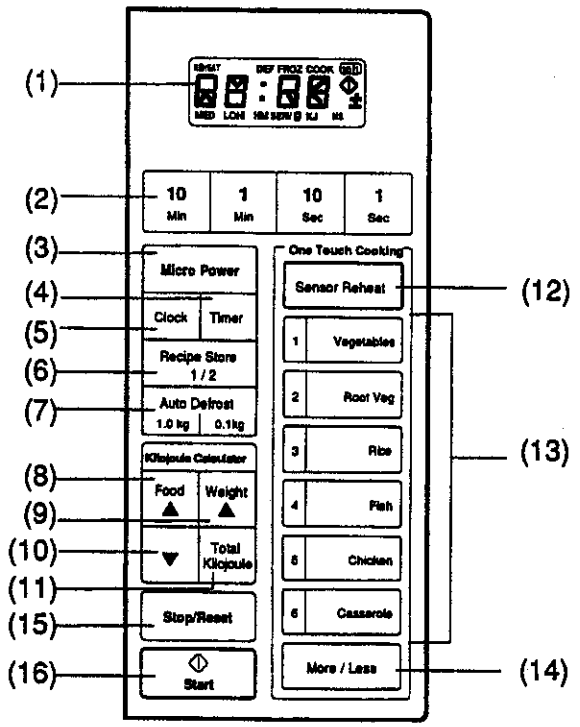
Press to open the door.
Opening the door during cooking will stop the cooking process without cancelling the program. Cooking resumes as soon as the door is closed and Start Pad is pressed. The oven light will stay on or turn on whenever the door is opened.
It is quite safe to open the door at any time during a cooking program and there is no risk of Microwave exposure.

Control Panel

NN-7852/NN-6852



NN-6702/NN-6712/NN-6752/NN-5752



(1) Display Window
(2) Time Pads
(3) Micro Power Pad
(4) Timer Pad (☛P 13)
(5) Clock Pad (☛P 8)
(6) Recipe Store Pad (☛P 13)
(7) Auto Defrost Pad (☛P 12)

Kilojoule Calculator (☛P 14)
(8) Food Pad
(9) Weight Selection Pad
(10) Food/Weight Adjustment (Count-down) Pad
(11) Total Kilojoule Pad

(12) Sensor Reheat Pad (☛P 11)
(13) Sensor Cook Pads (☛P 10)
(14) More / Less Pad (☛P 10)

(15) Stop/Reset Pad

Before cooking: One tap clears your instructions.
During cooking: One tap temporarily stops the cooking process. Another tap cancels all your instructions and time of day appears in display window.

(16) Start Pad

One tap allows oven to begin functioning. If door is opened or STOP/RESET Pad is tapped once during oven operation, START Pad must again be pressed to restart oven.

Beep Sound

When a pad is pressed correctly, a beep will be heard. If a pad is pressed and no beep is heard, the unit did not or cannot accept the instruction. The oven will beep twice between programmed stages. At the end of any complete program, the oven will beep 5 times.

1 Plug in

Plug into a properly grounded electrical outlet. "88:88" appears in display.

2 Press the Stop/Reset Pad

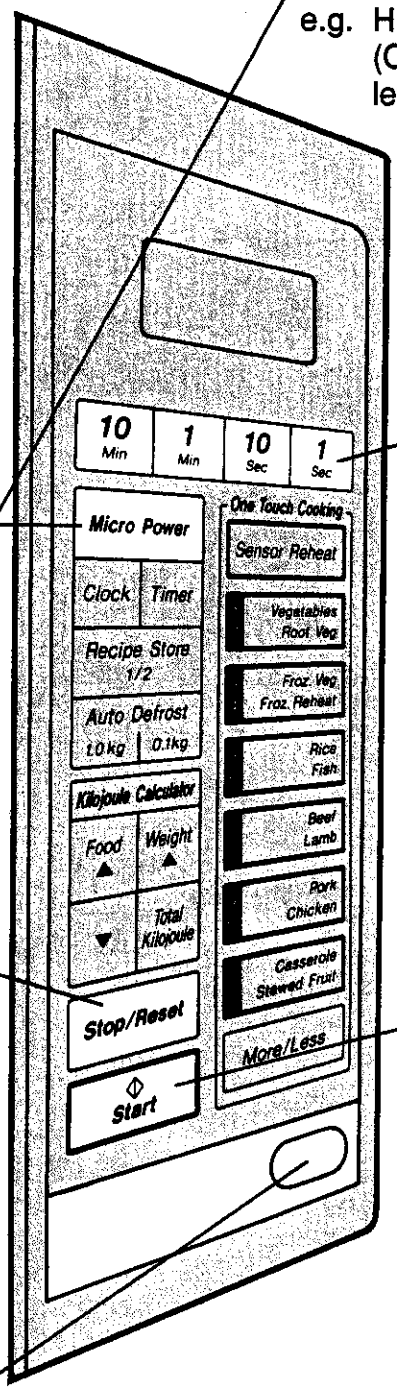
You may set the clock instead of pressing this pad. (see page 8)

3 Press the Door Release Button

Open the door and place the food on the glass tray in the oven. Then close the door.

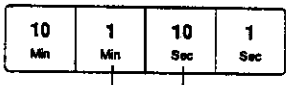
4 Press the Micro Power Pad

e.g. HIGH Power — Press once (Continue pressing for other power levels —page 9)



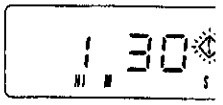
5 Press the Time Pad

e.g. 1 minute 30 seconds



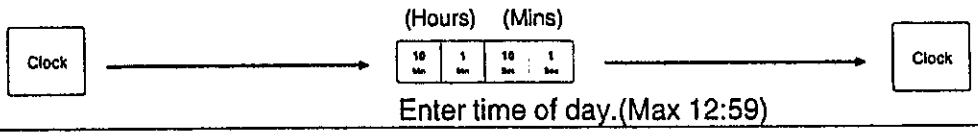
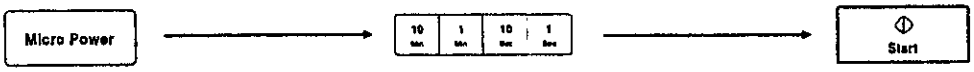
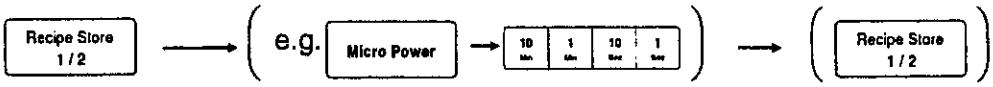
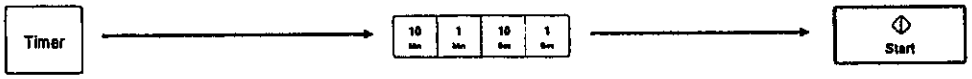
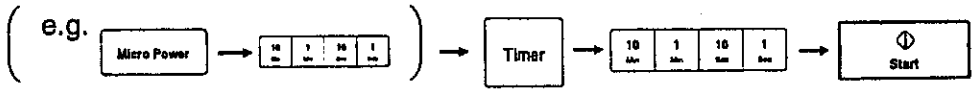
Press once

3 times



6 Press the Start Pad

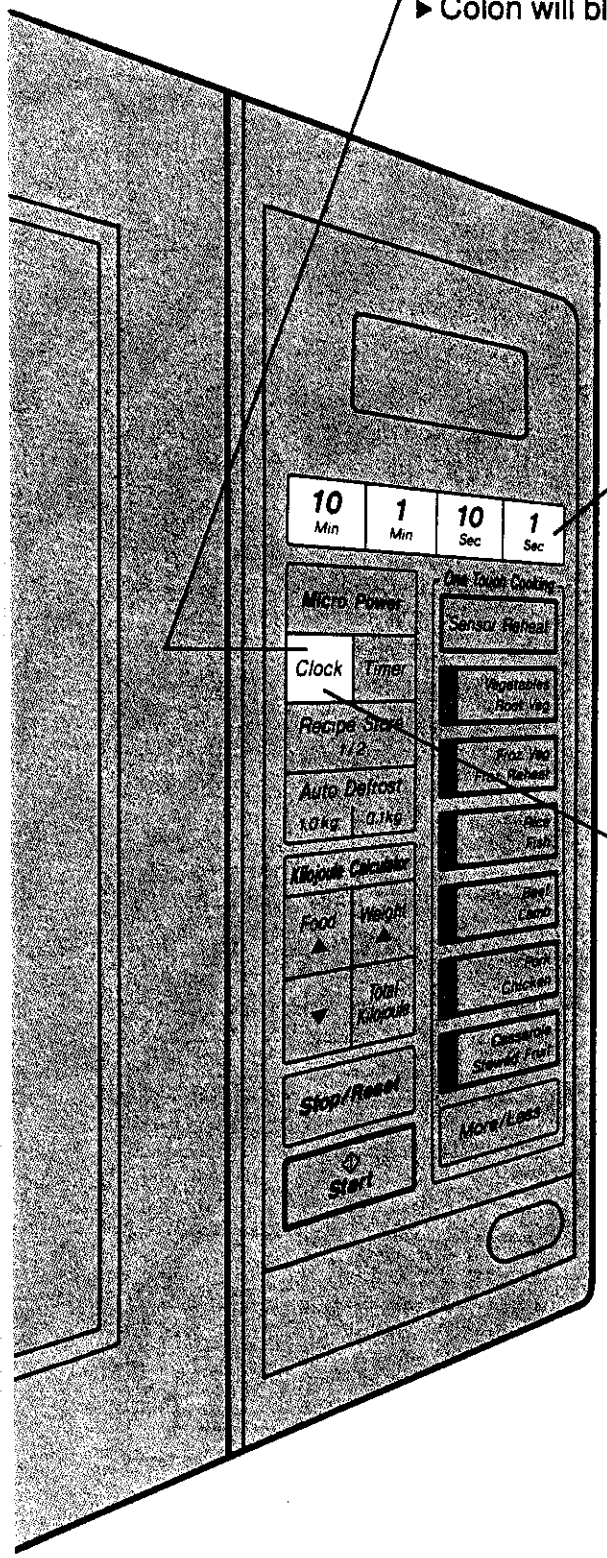
* The step-by-step sequence is shown when the next operation step required is indicated by a blinking light. (10 1 , ◇ etc.)

Feature	How to Operate
To Set Clock (☛page 8)	
To Use Micro Power and Time Setting (☛page 9)	
To Set/Reset Child Safety Lock (☛page 9)	**To Set** **To Reset**
To Cook using "Sensor Cook" Pads (☛page 10)	Press the Desired Food Category Pad. (once for Beef, twice for Lamb)
To Reheat using "Sensor Reheat" Pad (☛page 11)	
To Defrost using "Auto Defrost" Pad (☛page 12)	Set the weight of food.
To Cook using "Recipe Store" Pad (☛page 13)	To Store Recipe Program: Set the Desired Cooking Program.  or To Start Recipe Program:
To Use as a Kitchen Timer (☛page 13)	
To Set Standing Time (☛page 13)	Set the Desired Cooking Program. 
To Set Delay Start (☛page 13)	Set the Desired Cooking Program.
To Use Kilojoule Calculator (☛page 14)	Select food category. Enter food weight.

You can use the oven without setting the clock.

1 Press the Clock Pad

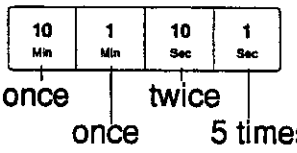
▶ Colon will blink.



2 Press the Time Pads

Enter time of day by pressing appropriate Time Pads.

e.g. 11:25



▶ Time appears in display window; colon is blinking.

NOTE: Max time available is 12:59.
Clock is 12 hour only.

3 Press the Clock Pad

▶ Colon stops blinking; time of day is entered and locked into display.

NOTE: Oven will not operate while colon is still blinking.

NOTES:

1. To reset time of day, repeat step 1 through step 3.
2. The clock will keep the time of day as long as oven is plugged in and electricity is supplied.

To Reheat/Defrost/Cook by Micro Power and Time

1 Micro Power — Select Power Level — by pressing Micro power Pad

NOTE: If you require HIGH power, eliminate step 1. High power automatically appear when select step 2.

Press	Power Level	% Power
once	HIGH	100 %
twice	DEFROST	30 %
3 times	MEDIUM-HIGH	70 %
4 times	MEDIUM	55 %
5 times	MEDIUM-LOW	30 %
6 times	LOW	10 %

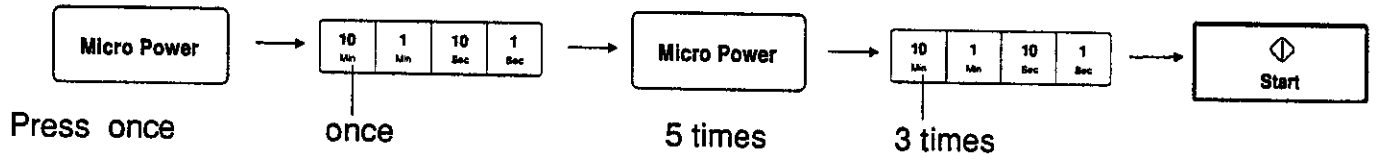
2 10 Min | 1 Min | 10 Sec | 1 Sec — Select Cooking Time

Set Cooking Time by pressing Time Pads.
(Up to 99 minutes and 99 seconds for a single stage)
M-minutes, S- seconds show in the display.

3 Start — Press Start Pad

▶ Cooking will start.
The time on the display will count down.

Two/Three stage cooking:
Repeat steps 1and 2 above then press Start, the oven will beep twice between stages.
e.g. Casseroles - High 10 mins to bring to the boil then Med-Low 30 mins to finish by simmering.



To Set/Reset Child Safety Lock

This feature allows you to prevent operation of the oven by a young child.

To Set Child Safety Lock:

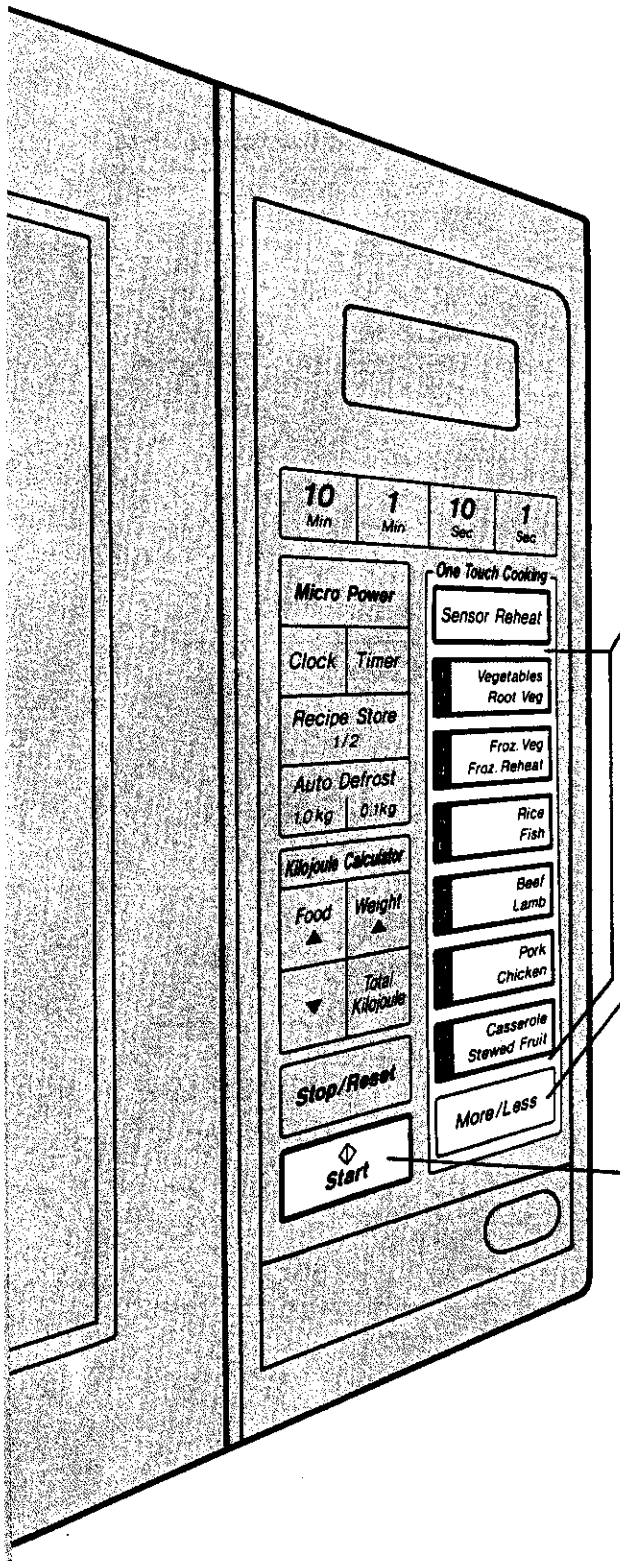
Colon or time of day is displayed. → Start (Press 4 times) → Display: Lo cK

To Reset Child Safety Lock:

Display: Lo cK → Stop/Reset (Press 4 times) → Colon or time of day appears in display window.

Sensor Cook

One Touch Cooking allows you to cook most of your favourite foods without having to select cooking times and power levels. The oven does it all



1 Press the Food Category Pad

To select the lower food category in NN-7852/ NN-6852, press food Category Pad twice.

e.g. 7 8 Beef Lamb

Press twice for Lamb.

▶ Category number appears in the display window.

2 Press the More/Less Pad

if you wish to alter cooking results.

1 tap: MORE cooking

2 taps: LESS cooking (see below)

3 Press the Start Pad

▶ After the burst of steam is detected by the SENSOR, the remaining cooking time appears in the display and begins to count down.

More/Less Pad:

Preferences for food doneness vary with each individual. After having used One Touch Cooking (Auto Sensor Cook) a few times, you may decide you would prefer your food cooked to a different doneness. By using the More/Less Control, the Auto Sensor programs can be adjusted to cook food for a longer or shorter time. If you are satisfied with the result of cooking with the built-in Auto Sensor program, you don't need to use More/Less Pad.

1 tap : More cooking with indicator " + "

2 taps : Less cooking with indicator " - "

Sensor Reheat

1 Sensor Reheat — Press the Sensor Reheat Pad

2 Start — Press the Start Pad

▶ After the burst of steam is detected by SENSOR, the remaining cooking time appears in the display and begins to count down.

NOTES ON ONE TOUCH COOKING:

1. The Auto Sensor system works by detecting a build-up of steam on the sensor. All foods cooked using the Auto sensor should be covered with a securely fitted lid or plastic wrap. Do not pierce holes in plastic wrap. As foods cook in a microwave oven, steam is produced. After the burst of steam escapes from under the food covering and is detected by the SENSOR, a two beep signal is heard and the oven automatically calculates the remaining cooking time, which counts down in the display window.
2. When a One Touch Cooking Category is selected, the oven door should not be opened for longer than one minute. Opening the door may cause inaccurate cooking results. The oven door may be opened to stir, turn or add foods when the cooking time begins to countdown in the display window.
3. The room air temperature surrounding the oven should not be above 35°C when using the One Touch Cooking feature.
4. Foods less than 125 grams should be cooked by micro power and time only, not by One Touch Cooking.
5. When the remaining cooking time is over 60 minutes, the time will appear as hours and minutes.
6. All foods for One Touch Cooking are taken from their normal storage place.
7. Before using the One Touch Cooking feature make sure the Glass Tray in the oven is dry to assure best One Touch Cooking results.
8. Stand time or a power level can be programmed after One Touch Cooking.(See page 9)

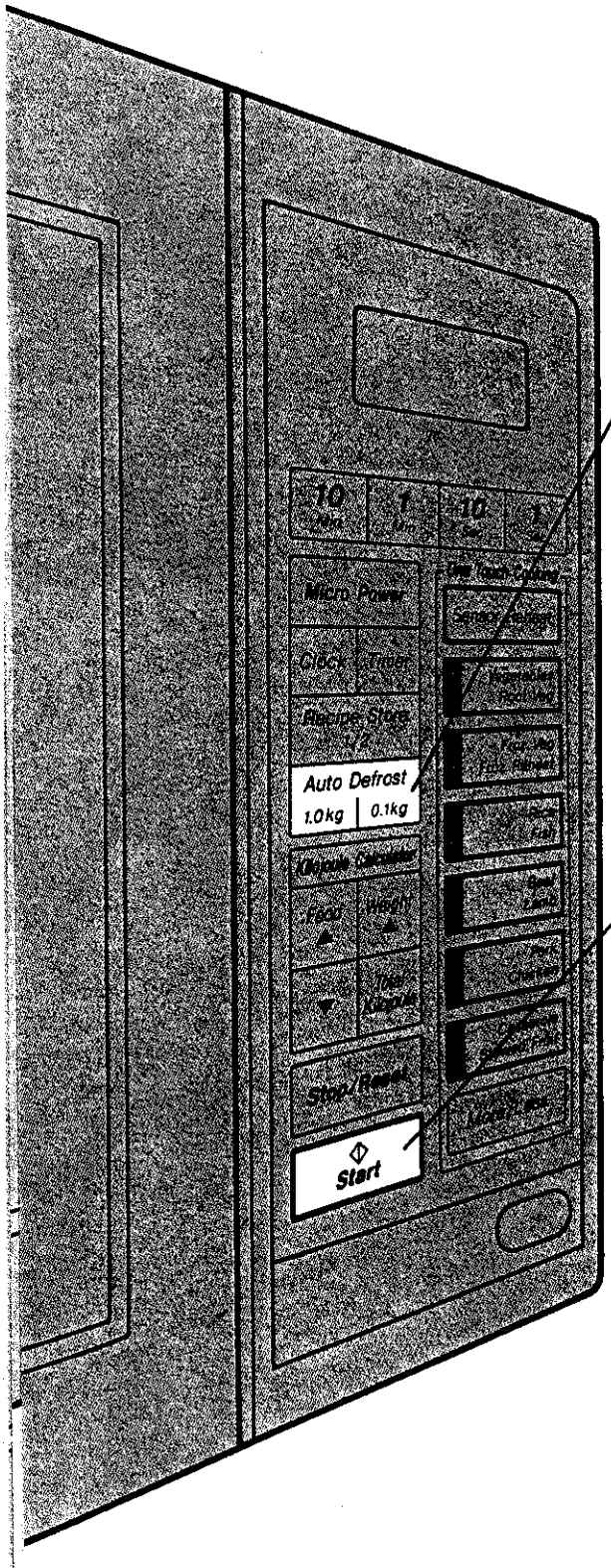
For best results on sensor reheat, follow these recommendations:

1. All foods must be previously cooked and must be at room temperature or refrigerator temperature.
2. Foods should always be covered loosely but completely with plastic wrap or casserole lid which does not seal. (Do not use any snap closing lids.)
3. Foods weighing less than 125 grams and more than 1 kg should be reheated by power and time only.
4. All foods should have a covered stand time of 3 to 5 minutes.

DO NOT

1. Reheat bread and pastry products. Use manual power and time.
2. Reheat raw or uncooked food.
3. Use reheat if oven cavity is warm.
4. Use reheat for beverages.
5. Use reheat for frozen foods.

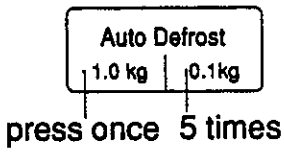
This feature allows you to defrost meat, poultry and seafood by weight.



1 Press 1.0 kg/0.1 kg Pads

Set the weight of the food.
Weight must be programmed in kilograms and tenths of a kilogram.

e.g. 1.5 kg chicken



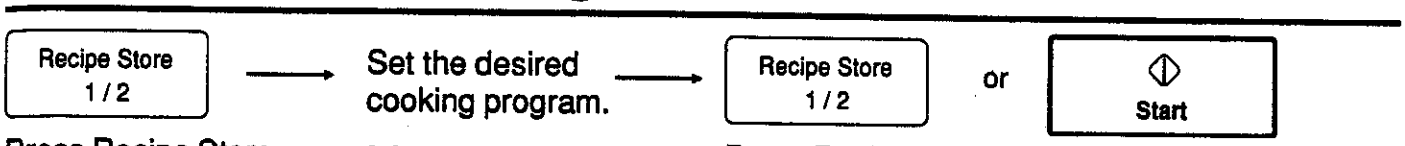
2 Press the Start Pad

▶ Defrosting time appears in the display and begins to count down.

The oven will beep after one third and two thirds of the defrosting time has elapsed to signal that the food needs to be turned, re-arranged or defrosted portions removed.

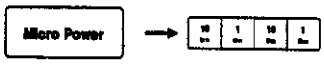
NOTE:
1. Stand time or power level may be programmed after Auto Defrost.(See pages 9 and 13)
2. For further information on Auto Defrost, refer to page 26.

To Store Recipe Program



Press Recipe Store Pad.

e.g.



(see page 9 for directions)

Press Recipe Store Pad.
If you press Start Pad instead of Recipe Store Pad, cooking will start and cooking program is set.

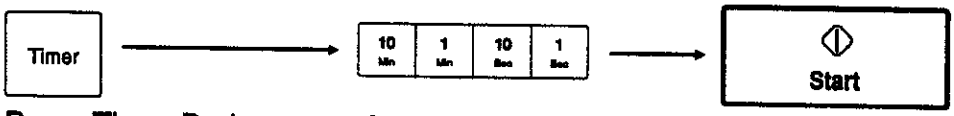
To Start Recipe Program

Press Recipe Store Pad.

Press Start Pad.

NOTES:
1. Auto Control Functions cannot be programmed into Recipe Store. (One Touch Cooking and Auto Defrost)
2. A new recipe program will cancel the recipe programmed previously.
3. The recipe program will be canceled if the oven is unplugged.

To Use as a Kitchen Timer



Press Timer Pad.

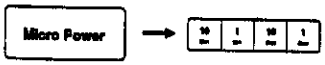
Set desired amount of time.
(up to 99 minutes and 99 seconds)

Press Start Pad.
▶ Time will count down without oven operating.

To Set Standing Time

Set the desired cooking program.

e.g.



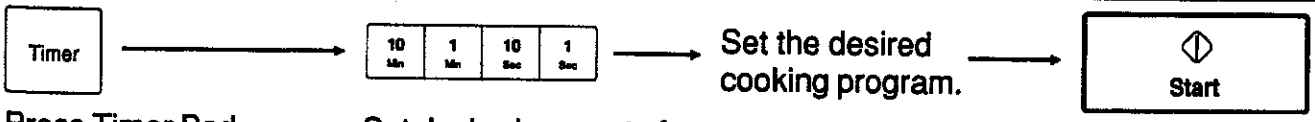
(see page 9 for directions)

Press Timer Pad.

Set desired amount of Standing Time.
(up to 99 minutes and 99 seconds)

Press Start Pad.
▶ Cooking will start. After cooking, standing time will count down.

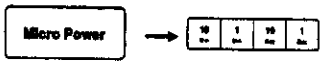
To Set Delay Start



Press Timer Pad.

Set desired amount of delayed time.
(up to 99 minutes and 99 seconds)

e.g.

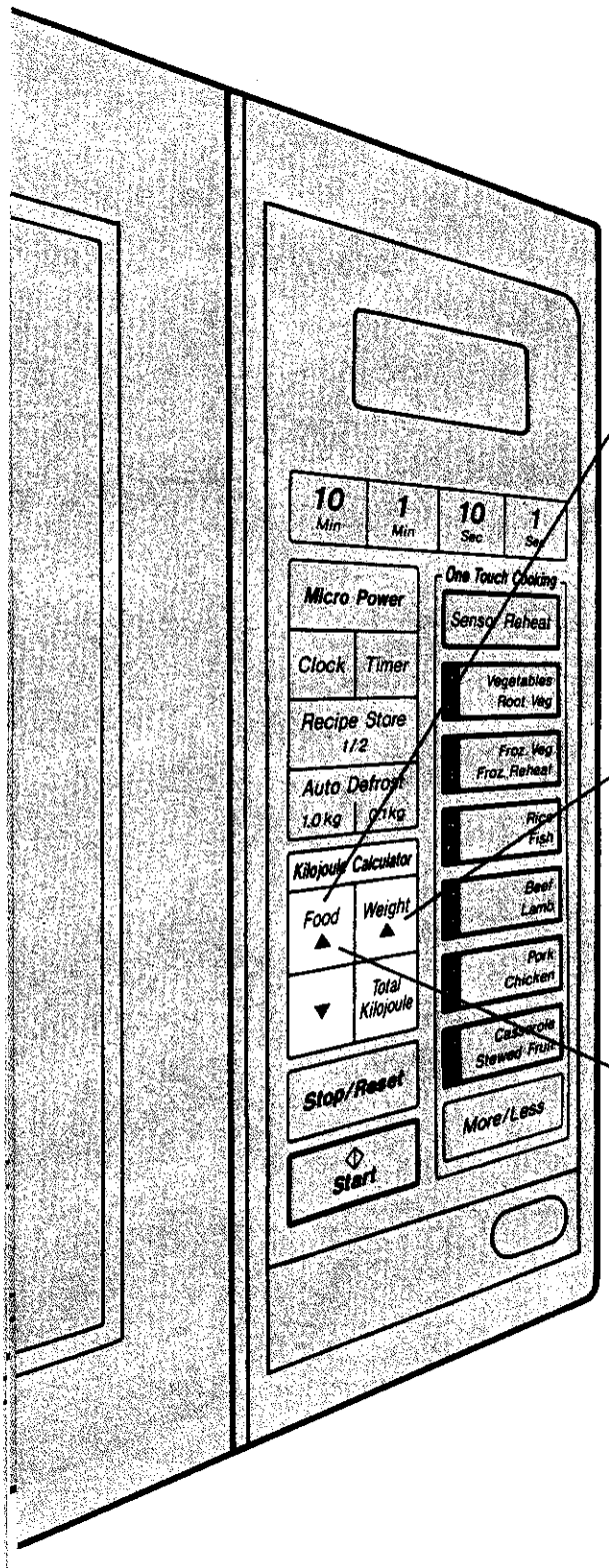


(see page 9 for directions)

Press Start Pad.
▶ Delayed time will count down. Then cooking will start.

NOTES:
1. If oven door is opened during the Standing Time or Kitchen Timer, the time in display window will continue to count down.
2. Delay Start cannot be programmed before any Auto Control Function.
   This is to prevent the starting temperature of the food from rising before defrosting or cooking begins.
   A change in the starting temperature could cause inaccurate results.

This feature allows you to calculate the kilojoule of foods and the cumulative kilojoule amount of the day easily.
Controlling your kilojoule intake may contribute to a healthy life style; however, consult with your dietitian and physician for an appropriate dietary plan.



1 Press Food Pad

Set the number of the food category referring to the Food List on pages 16-18.

If you overpass, press ▼ Adjustment (Count-Down) Pad.

2 Press Weight Selection Pad

Set the weight of the food (10-990 g).

If you overpass, press ▼ Adjustment (Count-Down) Pad.

3 Press Food Pad again

▶ The number of kilojoule appears in the display window.

Note: The kilojoules indicated by the Kilojoule Calculator are a guide. The Kilojoule Calculator can not be 100% accurate due to the variances in foods available.

To Calculate the Cumulative Kilojoule

There are 2 procedures to calculate the cumulative kilojoule — step 1 to 2 and step 3 to 4.

1 For the 1st food:

Set the number of the food category.

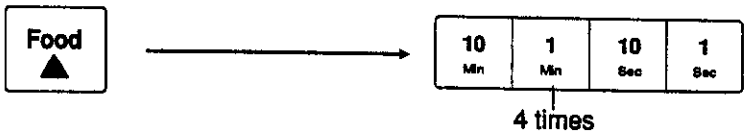
Set the weight of the food.

2 To store Kilojoule amount:

Press the Total Kilojoule Pad.

3 For the 2nd food:

(e.g. Frozen Convenience Food*)



Press Food Pad.

Enter the kilojoule.

e.g. Frozen Pancake
400 kilojoule stated on package.

4 To store Kilojoule amount:

Press the Total Kilojoule Pad.

▶The Cumulative Kilojoule will appear in the display.

* If the kilojoule value of a food is listed on the side of the package, simply enter the kilojoule value using the Time Pads.

NOTES:

1. For more foods, repeat step 1 and step 2 (or step 3 and step 4).
2. To recall the cumulative kilojoule:
   Press Total Kilojoule Pad after entering the food eaten.
3. To cancel the cumulative kilojoule:
   While the total kilojoule are displayed in the display window, press Total Kilojoule Pad again. While the number is blinking, press Stop/Reset Pad.
4. When the total kilojoule are over 99.9k kilojoule, "FULL" appears in the display window.
5. To store a daily total of Kilojoules consumed you may add all meal totals together and store using the Total Kilojoule Pad. Alternatively you may add foods that are "pre-packeaged" and have a total Kilojoule amount.

Food	Code No.
A	
Almond-with Skin	46
Apple	1
Apricot: Canned	1
Dried	13
Avocado	15
B	
Bacon	20
Baked Beans-In Tomato Sauce	3
Banana	4
Barbecue Sauce	12
Barley-Pearl, Raw	22
Beans: Canned	4
Dried	18
Beef: High Fat, Boneless	54
Kidney	4
Lean, Boneless	7
Liver	11
Mince, Hamburger	15
Mince, Regular	12
Moderate Fat, Boneless	12
Sausages	19
Tripe	3
Biscuit Crumbs	35
Blueberry	2
Bran: Oat	18
Rice	33
Wheat, Unprocessed	10
Brazil Nut	53
Breadcrumbs	27
Bread: Lebanese	19
Mixed Grain	16
Pumpernickel	12
Roll, White	19
Roll, Wholemeal	17
Rye, Light	17
White	18
Wholemeal	16
Bulgar-Cracked Wheat	22
Butter:	58
Reduced Fat	29
Buttermilk	1
C	
Cashew Nut-Roasted, Salted	49
Cheese: Blue Vein	28
Brie	25
Camembert	23
Cheddar/Tasty	31
Colby	29

Food	Code No.
Cheese: Cottage	9
Creamed	25
Edam	27
Feta	20
Fruit	22
Gouda	29
Havarti	31
Mozzarella	22
Neufchatel	22
Parmesan	34
Processed	25
Ricotta	9
Swiss	29
Cherry-Fresh	1
Chicken: Fillets	7
Pieces	11
Whole	11
Chocolate	40
Chutney-Fruit	12
Cocoa Powder	22
Coconut: Cream/Milk	14
Desiccated	49
Fresh	19
Cod, Smoked, Raw	4
Coffee Powder	5
Condensed Milk	24
Copha	71
Corn	5
Corned Beef-Silverside	10
Cornflour	28
Crabmeat, Canned, Drained	2
Cream:	25
Reduced Fat, Canned	19
Cream Sour:	26
Reduced Fat	15
Cream-Thickened	26
Crumpet	13
Currants-Dried	19
Custard: Apple, Raw	3
Powder	21
D-E	
Dates-Dried	20
Duck, Baked, Lean	13
Egg: White	1
Whole	9
Yolk	23
Evaporated Milk	9

Food		Code No.
F		
Fig, Dried		17
Fish:	Bream	7
	Flake	6
	Flathead	5
	Gemfish	13
	Mullet	8
	Snapper	5
	Whiting	4
Flour:	Plain	26
	Wholemeal	20
G		
Garlic-Fresh		5
Gelatine		26
Gherkin, Drained		6
Golden Syrup		21
Grape:	Black	2
	Green	2
Gravy Mix		19
H-K		
Ham		7
Ham Steak, Raw		7
Hazelnut		49
Honey		23
Ice Cream-Regular Vanilla		14
Jam		18
Kiwi Fruit		1
L		
Lamb:	High Fat, Boneless	61
	Lean, Boneless	7
	Moderate Fat, Boneless	21
Lentil		19
Lobster, Cooked		5
M-O		
Macadamia Nut		57
Mango		2
Margarine:		57
	Low Fat	27
Marmalade		18
Mayonnaise		28
Milk		2
Milk Powder:	Skim	26
	Whole	38
Mixed Dried Fruit		19
Muesli:	Natural	25
	Toasted	31

Food		Code No.
Muffin, English		14
Mustard, Cream		3
Oil-Polyunsaturated		71
Olives Stuffed		4
Oyster-Raw		4
P		
Parsnips		1
Passionfruit		1
Pasta:	Egg, Dry	26
	Vegetable	27
	White, Dry	26
	Wholemeal, Dry	24
Pastry:	Filo, Raw	21
	Puff, Raw	27
	Short, Raw	32
Peaches-Canned		1
Peanut Butter		47
Peanut-Roasted, Salted		49
Pears:		1
	Canned	2
Peas:		2
	Dried	22
Pecan Nut		55
Pineapple, Canned, Drained		4
Pinenuts		55
Plums, Canned, Drained		4
Popcorn		36
Pork:	High Fat, Boneless	59
	Lean, Boneless	6
	Moderate Fat, Boneless	22
	Sausage	19
Potato		2
Prawns-King:	Cooked	6
	Raw	4
Prunes		13
R-S		
Raisin-Dried		21
Raspberry, Canned, Drained		3
Rice:	Brown	28
	Long Grain/Short Grain	26
Rolled Oats		28
Salami		33
Salmon:	Canned	11
	Smoked	8
Scallop		1
Sesame Seed		46
Sherry		8
Soy Milk		2
Spaghetti-Canned		2

Food	Code No.
Spirits	14
Squid-Raw	4
Stock Cube	15
Sugar: Brown	28
White/Raw	29
Sultana	23
Sunflower Seed	43
Sweet Potato	3
T-V	
Tofu	3
Tomato-Paste	2

Food	Code No
Tomato-Sauce	5
Tuna-Canned	7
Turkey, Breast Baked, Lean	8
Veal-Moderate Fat, Boneless	7
W - Z	
Walnuts	54
Wheatgerm	19
Wine	3
Worcestershire Sauce	3
Yoghurt: Natural	4
Fruit	4

Additional Foods

You may wish to store kilojoule amounts that are not available in the kilojoule categories (See page 15 for operation). For example, prepackaged commercial foods such as Lasagne, which are labelled with kilojoule content.
The following is a list of low kilojoule foods and their kilojoule content per 100g, as these fresh foods are not commonly labelled.

Food	kJ / 100g
Apricot	156
Asparagus	71
Bean Sprout	84
Beans	87
Beetroot	173
Broccoli	101
Brussels Sprouts	114
Cabbage	72
Capsicum	79
Carrot	103
Cauliflower	80
Celery	51
Chillies	115
Cucumber	45
Eggplant	73
Ginger	109
Grapefruit	111
Herbs	50
Honeydew	132
Leeks	111
Lemon	95
Lime	89
Mandarin	162

Food	kJ / 100g
Mushrooms	98
Nectarines	156
Onions	107
Orange	156
Paw Paw	123
Peaches	132
Pineapple	158
Plums	146
Pumpkin	158
Radish	53
Raspberry	104
Rhubarb	76
Rockmelon	91
Shallot	90
Snow Pea	160
Spinach	63
Squash	106
Strawberry	81
Swede	76
Tomato	56
Turnips	81
Watermelon	96
Zucchini	59

Q: I accidentally ran my microwave oven without any food in it. Is it damaged?

A: We do not recommend operating the microwave oven without any food. However, running the oven empty for a short time will not damage the oven.

Q: Why won't my oven turn on?

A: When the oven does not turn on, check the following:
1. Is the oven plugged in securely? Remove plug from outlet, wait 10 seconds and re-insert.
2. Check circuit breaker or fuse. Reset circuit breaker or replace fuse if it is tripped or blown.
3. If the circuit breaker or fuse is all right, plug another appliance into the outlet. If the other appliance works, there probably is a problem with the oven. If the other appliance does not work, there probably is a problem with the outlet.

If it seems there is a problem with the oven, contact an authorized Panasonic Service Centre.

Q: The oven light turns on and the oven is programmed correctly, but it won't turn on.

A: Check to make sure the oven door is securely closed. If that was not the problem, contact the nearest authorized Panasonic Service Centre.

Q: When I turn on my oven, there is noise coming from the glass tray.

A: This noise occurs when the roller ring and oven bottom are dirty. Frequent cleaning of these parts should eliminate or reduce the noise.

Q: Can the oven be used with the glass tray or roller ring removed?

A: No. Both the glass tray and roller ring must be positioned correctly in the oven before cooking.

Q: My microwave oven causes interference with my TV. Is this normal?

A: Some radio and TV interference might occur when you cook with the microwave oven. This interference is similar to the interference caused by small appliances such as mixers, vacuums, blow dryers, etc. It does not indicate a problem with your oven.

Q: The oven won't accept my program. Why?

A: The oven is designed not to accept an incorrect program. For example, the oven will not accept a fourth cooking stage.

Q: Why does my oven light dim?

A: When cooking with a power other than HIGH, the oven must cycle to obtain the lower power levels. The oven light dims and clicking noises can be heard when the oven cycles.

Q: Why does steam accumulate on the oven door?

A: During cooking, steam is given off from the food. Most of the steam is removed from the oven by the air which circulates in the oven cavity. However, some steam will condense on cooler surfaces such as the oven door. This is normal.

Q: Sometimes warm air comes from the oven vents. Why?

A: The heat given off from the cooking food warms the air in the oven cavity. This warmed air is carried out of the oven by the air flow pattern in the oven. There are no microwaves in the air. The oven vents should never be blocked during cooking.

Q: Can foil frozen food trays be placed in the oven?

A: Frozen dinners or entrees may be heated in the foil tray, if the tray is less than 3 cm deep. Remove tray from box. Remove foil cover. Cover with plastic cover or plastic wrap. Place foil tray in centre of oven. Leave at least 2 cm space between foil tray and oven walls. Heat only 1 foil tray in the oven at a time.

Q: When can I open the door during One Touch Cooking?

A: The door may be opened when the remaining cooking time appears in the display window. Opening the door for longer than one minute when the cycle number is in the display window may cause inaccurate cooking results.

Q: How are foods covered for One Touch Cooking?

A: Foods, except for whole potatoes or whole squash, should always be cooked covered. Dishes with matching lids should be covered with the lid. Otherwise, cover the dish with plastic wrap. Lay the plastic wrap over the dish and smooth down around the sides.

Care of Your Microwave Oven

1. Turn the oven off and remove the power plug from the wall socket before cleaning.
2. Keep the inside of the oven clean. When food splatters or spilled liquids adhere to oven walls, wipe with a damp cloth. Mild detergent may be used if the oven gets very dirty. The use of harsh detergent or abrasives is not recommended.
3. The outside oven surfaces should be cleaned with a damp cloth. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into the ventilation openings.
4. Do not allow the Control Panel to become wet. Clean with a soft, damp cloth. Do not use detergents, abrasives or spray-on cleaners on the Control Panel.
   When cleaning the Control Panel, leave oven door open to prevent oven from accidentally turning on. After cleaning touch STOP/RESET Pad to clear display window, or make sure oven timer is set to off position.
5. If steam accumulates inside or around the outside of the oven door, wipe with a soft cloth. This may occur when the microwave oven is operated under high humidity conditions and in no way indicates malfunction of the unit.
6. It is occasionally necessary to remove the glass tray for cleaning. Wash the tray in warm sudsy water or in a dishwasher.
7. The roller ring and oven cavity floor should be cleaned regularly to avoid excessive noise. Simply wipe the bottom surface of the oven with mild detergent, water or window cleaner and dry. The roller ring may be washed in mild sudsy water or dish washer. Cooking vapours collect during repeated use but in no way affect the bottom surface or roller ring wheels.
   When removing the roller ring from cavity floor for cleaning, be sure to replace in the proper position.
8. When it becomes necessary to replace the oven light, please consult a dealer to have it replaced.

Technical Specifications

	NN-7852	NN-6852/NN-6702 NN-6712/NN-6752	NN-5752
Power Consumption:	6.0 A, 1,400 W	6.0 A, 1,400 W	5.3 A, 1,250 W
Output:*	850 W*	850 W*	750 W*
Outside Dimensions:	356 mm (H) × 595 mm(W) × 415 mm (D)	306 mm (H) × 555 mm (W) × 425 mm (D)	306 mm (H) × 510 mm (W) × 360 mm (D)
Oven Cavity Dimensions:	259 mm (H) × 415 mm (W) × 385 mm (D)	201 mm (H) × 375 mm (W) × 395 mm (D)	200 mm (H) × 330 mm (W) × 330 mm (D)
Operating Frequency:	2,450 MHz	2,450 MHz	2,450 MHz
Trim Kit:	NN-TK792	NN-TK682 : Black color NN-TK652 : White color NN-TK602 : Brown color	———
Trim Kit Cabinet Opening Specification:	632 mm (W)× 441 mm (H)	562 mm (W)× 380 mm (H)	———
Uncrated Weight:	Approx. 18.5 kg	Approx. 17 kg	Approx. 14.5 kg

*IEC 705-88 Test Procedure
Specifications subject to change without notice.

Microwaves and How They Work

Microwaves are a form of high frequency radio waves similar to those used by a radio, including AM, FM and CB. They are similar to a television where the radio waves are converted to a picture on the screen. However, microwaves are much shorter than radio waves; approximately twelve centimetres wave length.
Electricity is converted into microwave energy by the magnetron tube (which is the heart of the microwave oven).
From the magnetron tube, microwave energy is transmitted to the oven cavity through a small plastic covered piece. The microwaves are converted to heat in the food. The microwaves enter from the outside of the food and travel through the food losing half of their power every two to three centimetres. Continued cooking to the centre occurs by conduction.
Although pacemakers used to be affected by microwaves (as well as by other radio waves), they are now shielded and are not bothered by these interferences. This allows people with pacemakers to sit calmly by their radio or television and cook with microwave ovens.
When the microwaves come in contact with a substance, any one or a combination of three things may occur. They can be:
1. REFLECTED
2. TRANSMITTED
3. ABSORBED

Reflection

Metal substances REFLECT microwave energy and because there is no absorption there is no heating. This is why the oven interior is either stainless steel or epoxy-coated stainless steel. This ensures that the microwaves are kept inside the cavity and evenly distributed throughout the food with the help of the turntable.

Transmission

Such substances as paper, glass and plastic TRANSMIT microwave energy and do not become hot except from food. Because these substances do not reflect or absorb microwave energy, they are ideal materials for microwave cooking containers.

Absorption

Food contains moisture and will ABSORB microwave energy, which causes the moisture molecules within the food to vibrate at an incredible rate (2,450,000,000 times per second). Friction, created by vibration, produces heat energy which is conducted throughout the food.

Micro Power

The MICRO POWER pad gives you a selection of different power levels used for cooking foods at different speeds.
To select the correct power level for cooking different foods, refer to the chart below:

POWER LEVEL	POWER	EXAMPLE OF USE
HIGH	100 %	Boil Water, Cook Fresh Fruit, vegetables, rice and pasta. Preheat browning dish. Reheating soups, stews, casseroles.
DEFROST	30 %	Thawing Foods
MEDIUM-HIGH	70 %	Cook Poultry & Meat, Heating Milk, Cook cakes & desserts.
MEDIUM	55 %	Cook pot roasts, casseroles and meatloaves, melt chocolate. Cook eggs & Cheeses. Cook fish.
MEDIUM-LOW	30 %	Simmer soups, stews and casseroles (less tender cuts). Soften butter & cream cheese.
LOW	10 %	Keep cooked foods warm, simmer slowly.
TIMER	0 %	Reminder timer. Programme standing time after cooking. To delay the start of cooking.

Cookware and Utensil Guide

It is important to use the correct container when cooking in a Microwave Oven. The following will help you to make the right selection.

How to Test a Container for Safe Microwave Oven Use

Fill a 1-cup glass measure with water and place it in the microwave oven along with the container to be tested; heat one minute on HIGH. If the container is microwave oven safe, it should remain comfortably cool and the water should be hot. If the container becomes very hot, it has absorbed some microwave energy and should not be used. This test cannot be used for plastic containers.

Glass, Ceramic and China

Heat-Resistant glass cookware is invaluable in microwave cooking. Many of these items are readily available in most homes: glass jugs, mixing bowls, loaf dishes, covered casseroles, oblong baking dishes, pie plates and round or square cake dishes. Examples of this type of cookware are Pyrex® and Corningware®.

Dinnerware can be used for microwave heating. Many brands of dinnerware are microwave safe. Check the care information for reference to microwave use for dinnerware and serving pieces. If dinnerware is marked ovenproof, it frequently is safe to use in the microwave oven. However, to be sure, check by conducting microwave dish test.

Several types of glassware and dinnerware are not recommended for use in the Microwave Oven. Do not use dishes with metallic trim or containers with metal parts. Do not use cups or mugs with glued on handles, as they may fall off with continued heating.
Do not use delicate glassware.
Although the glassware may be transparent to microwave energy the heat from the food may cause the glassware to crack.

Paper Products and Freezer Wrap

Waxed paper, paper plates, cups and napkins should not be used for heating or cooking food. Freezer wrap should not be used as it is not heat resistant and may melt. Paper towel, greaseproof paper and bake paper may be safely used for short periods of time for covering or lining.

Plastics

Plastic dishes, cups and some freezer containers should be used with extreme care in the microwave oven. Choose plastic containers carefully as some will become soft, distorted or pitted from the heat of the food. Check manufacturer's recommendations concerning microwave safety. Plastic dishes should not be used for cooking over an extended period of time or with foods having high fat or sugar content.
Most dishwasher-proof plastics are suitable for microwave oven cooking.
Cooking Bags designed to withstand boiling, freezing, or conventional heating are microwave safe. Prepare bags according to manufacturer's directions. When cooking by microwave, DO NOT use wire twist-ties to close bag. They can act as an antenna and cause arcing (sparks).
DO NOT COOK IN PLASTIC FOOD STORAGE BAGS.
Plastic Wrap such as GLAD WRAP™ can be used to cover dishes in most recipes. Over an extended heating time, some disfiguration of the wrap may occur. When removing plastic wrap "covers", as well as any glass lid be careful to remove it away from you to avoid steam burns.

Metal

Metal cookware or utensils, and those with metallic trim, should NOT be used on microwave. Since microwave energy is reflected by metal, foods in metal containers will not cook evenly. There is also the possibility of "arcing".
Although metal utensils must be avoided in microwave cooking, some metal can be helpful when used correctly.

Aluminium foil can be used safely, if certain guidelines are followed, to prevent overcooking. Small pieces of foil are used to cover areas such as chicken wings, tips of roasts, or other thin parts that cook before the rest of the recipe is finished. Make sure foil is attached securely and doesn't touch sides of oven otherwise arcing may occur.

Foil lined containers, either cardboard or plastic, should NOT be used on the microwave oven as arcing could occur.

Metal twist-ties, either paper or plastic coated, should NOT be used.

Frozen dinner trays can be used on microwave if the container is no deeper than 2 cm and is filled with food.

Metal Skewers can not be used in the microwave as arcing may occur. Wooden skewers are readily available and give the same result.

Shells: Scalloped baking shells are best used during reheating and for short periods of cooking time only.

Thermometers are available for use in microwave ovens. DO NOT USE CONVENTIONAL MERCURY TYPE CANDY OR MEAT THERMOMETERS in food while cooking in the microwave oven.

Browning Dishes

Browning dishes are used to sear chops, meat patties, steaks etc. A special coating on the bottom of the dish absorbs the microwave energy and becomes very hot. When foods are added to the dish, the result is a seared effect. Preheat the dish according to the manufacturer's directions. Add food to be seared and heat according to recipe or personal preference.
Use pot holders to remove the dish from Microwave Oven. Do not use the Browning Dish on or in a conventional stove.

Remember:
Food can be covered with a loose sheet of absorbent towel to prevent splattering.

Do not attempt to deep fry in the browning dish or microwave oven as you cannot control the temperature of the oil.

The surface of a browning dish can be scratched easily. Clean it gently with a liquid cleanser or soak overnight with a teaspoon of bicarbonate of soda.

Do not use your browning dishes on or in a conventional stove.

Jars and Bottles

Jars and Bottles can be used to warm food to serving temperature, if the lid is removed first. Cooking should not be done in these containers since most are not heat resistant and during extended heating times, heat from food would cause cracking or breaking.

Straw, Wicker, and Wood

Straw and wicker baskets may be used in the microwave oven for short periods of time to warm rolls or bread. Large wooden utensils, such as bowls or cutting boards should NOT be used for prolonged heating as the microwave energy may cause the wood to become dry and brittle.

Microwave Recipe Preparation and Techniques

Microwaves penetrate the surface of the food to a depth of about two to three centimetres and then the heat is gradually conducted in a random pattern. Some parts of food matter cook faster than others. Special microwaving techniques are used to promote fast and even cooking. Some of these techniques are similar to those used in conventional cooking, but because microwaves produce heat very quickly they are extremely important. It's a must to be familiar with the following tips.

Food Characteristics

Size and Quantity
Small portions cook faster than large portions.
As you increase the quantity of food you put into the microwave oven, you must also increase your cooking time. The microwave oven has only the same power regardless of quantity; thus the power is divided between more items and so it takes longer to cook.
As a general guide, if you double the quantity of food suggested in the recipe, add half the time suggested again.

Liquid Content
Low moisture foods take a shorter time to cook than foods with a lot of moisture.

Shape
Uniform sizes cook more evenly. To compensate for irregular shapes, place thin pieces towards the centre of the dish and thicker pieces towards the outer edge of the dish.

Bone and Fat
Bones conduct heat and cause the meat next to them to be heated more quickly. Large amounts of fat absorb microwave energy and meat next to these areas may overcook.

Starting Temperature
Food which has been sitting at room temperature takes less time to cook than refrigerated or frozen foods.

Density and Composition
Porous airy foods (cakes and breads) take less time to cook than heavy compact foods (meat and vegetables). Recipes high in fat and sugar content cook more quickly.

Techniques for Preparation

Timing
A range of cooking times is given in each recipe for two reasons. Firstly, to allow for the uncontrollable differences in food shapes, starting temperatures and personal preferences. Secondly, these allow for the differences in electrical voltage input which changes during peak load periods. Always remember that it is easier to add time to undercooked food. Once the food is overcooked, nothing can be done. For each recipe, an approximate cooking time is given.

Stirring
Stirring is often necessary during microwave cooking. We have noted when stirring is helpful in the recipes. Always bring the outside edges towards the centre and the centre portions to the outside.

Rearranging or Turning
Some foods should be turned in the container during cooking. For example, because of the different thicknesses in the breast and back sections of poultry, it is a good idea to turn poultry over once to ensure more even cooking.
Rearranging or turning over uneven shaped food in the dish should be done as suggested to ensure a satisfactory result.
Rearrange small items such as chicken pieces, prawns, hamburger patties, steak or chops.
Rearrange pieces from the centre to the edge of the dish.

Cooking in Layers
Cooking in layers is not always successful as it takes twice as long to cook as a single layer and cooking may be uneven. You can successfully reheat two dinner plates of food at one time but remember to increase the reheating time and use a microwave warming rack.

Piercing of Foods
Pierce the skin or membrane of foods when cooked whole in the microwave oven. This allows steam to escape. If the skin has not been pierced, food may burst.

Cured Meats
Cured meats may overcook in some areas due to the high concentration of salts used in the curing process. So take care when cooking different brands of bacon as cooking times may vary slightly.

Covering
Covering food minimises the microwave cooking time.
Because microwave cooking is done with time and not direct heat, the rate of evaporation cannot be easily controlled. However, this can be corrected by using different materials to cover dishes. Plastic wrap is the best substitute for a lid as it creates a tighter seal and so retains more heat and steam. Wax paper and paper towel hold the heat in, but not the steam. These materials also prevent splattering. Use paper towel, wax paper or no cover, when steam is not needed for tenderising.

Browning
Meats and poultry, cooked longer than 10 to 15 minutes, brown from their own fat. Foods cooked for shorter periods of time can be aided with the help of a browning sauce, worcestershire sauce, or soy sauce. Simply brush one of these sauces over meat or poultry before cooking.
Baked goods do not need long cooking time and therefore, do not brown. When cakes or cupcakes will be iced, no one will notice this visual difference. For cakes or cupcakes, brown sugar can be used in the recipe in place of caster sugar or the surface can be sprinkled with dark spices before baking.

Standing Time
The moisture molecules continue to vibrate in the food when the microwave oven has turned itself off. After all, the molecules had been vibrating at 2,450,000,000 times per second during cooking. So cooking continues even after the food is no longer being exposed to the microwaves in or outside your microwave oven.
Standing time refers to the time it takes (after the microwave time is completed) to allow the interior of the food to finish cooking.
The amount of standing time varies with the size and density of the food. In meat cookery the internal temperature will rise between 5°C and 10°C if allowed to stand covered for ten to fifteen minutes. Casseroles and vegetables need a shorter amount of standing time, but this time is necessary to allow foods to complete cooking in the centre without overcooking on the edges.
The power level used in microwave cooking also determines the standing time. For example, when using a lower power level the standing time is shorter because of a lower concentration of heat in the food. Foods should always be kept covered while standing in order to retain the heat. If a longer standing time is required (while you cook another food to serve with the first, for instance), cover with aluminium foil.

Defrosting

Not only does a microwave allow you to defrost in a fraction of the time that it would take at room temperature, but because of this speed, the likelihood of bacteria building up is minimised.

Preparation for Freezing

The finished quality of the prepared food will depend on the original quality before freezing, the care the food receives during freezing, and the techniques and times used for defrosting. Select good quality fresh meat, poultry, or fish for freezing. Foods should be frozen as soon as possible after purchasing to preserve their quality. Wrapping materials and freezing temperature affect defrosting results.

WRAPPING MATERIALS best suited for use in the freezer are odourless and moisture and vapour proof. Meats need to be removed from their wrappings before defrosting. Therefore, containers such as glass freezer jars and plastic freezer containers are unsuitable. Heavy-duty plastic wraps and bags, and freezer wrap are suitable. If aluminium foil is used for wrapping, all pieces of foil should be removed before defrosting in your microwave oven. Meats may also be frozen in their store packaging for short periods of time.

When WRAPPING FOR FREEZING, arrange meat in thin uniform layers. Meat pieces and minced meat will defrost more evenly if frozen in 1 to 2 piece layers. To aid in separating chops and hamburger patties during defrosting, place a piece of wax paper between the layers. REMOVE GIBLETS from fresh whole poultry. (The giblets may be frozen separately, if desired.) Clean and dry poultry. Tie legs and wings with string; this helps poultry keep its shape during freezing. If poultry is packaged frozen, it may be defrosted even though the giblets are inside the cavity. However, the cavity will be very icy after the defrosting cycle. It will be necessary to run cold water inside the poultry.

FISH AND SHELLFISH are best frozen in single layers. Fillets may be frozen 2 or 3 deep, but place a piece of wax paper or plastic wrap between each layer. Prawns or scallops may be quick frozen on a biscuit tray covered with plastic wrap. Once they are frozen, simply place in a freezer bag or container. If they are thoroughly frozen before placing in the bag, they will not stick to each other.

REMOVE ALL AIR before sealing plastic bags. Centre food to be wrapped on material. Bring two edges, up over the centre and start folding down in 3 cm tucks until wrap is close to meat. Remove excess air from package. Shape ends into triangles and fold up over centre. Tape securely.

LABEL package with type and cut of meat, date and weight.

FREEZE FOODS in a freezer which is maintained at -18°C or lower. Defrosting times given in the charts are for thoroughly frozen foods (i.e. at least 24 hours in freezer).

Auto Defrost

Before freezing, package foods according to directions given in "Preparation for Freezing". Auto weight defrost is designed to automatically defrost popular cuts of meat and poultry as well as fish.

Before Starting
CONVERT grams to tenth of a kilogram. Meats packaged in most supermarkets are labelled with the weight in kilograms and tenths of a kilogram.

Remove food from wrapper and set on a roasting rack in a dish. Put in the weight of the item to be defrosted using the weight pads of Auto Defrost.

During defrosting two beeps will occur one third and two thirds through defrosting time.

At the first beep
TURN OVER all meat, poultry, fish and shellfish. REMOVE defrosted meat from minced meat, stewing meat, poultry pieces or prawns etc. SHIELD thin ends of roasts or poultry legs and wings with foil.

At the second beep
TURN OVER roasts or whole poultry. BREAK APART stewing meat, chicken pieces and minced meat. SEPARATE chops and hamburger patties. REMOVE defrosted minced meat, stewing meat or poultry pieces.
SHIELD ends of roasts, fat or bones with foil.

After Defrosting
LARGE ROASTS may still be icy in centre. Allow to stand 15 to 30 minutes in refrigerator to completely defrost.

Time Defrost

Before freezing, package foods according to directions given in "Preparation for freezing".

Remove food from wrapper and set on a roasting rack in a dish. Press the power pad to select defrost and defrost for the time recommended in the chart.

FOOD	APPROX. DEFROSTING TIME (minutes per 500 g) on DEFROST	INSTRUCTION
MEAT		
Beef		
Roast		
Beef Tenderloin	12 to 15	
Chuck or Rump	10 to 13	
Sirloin, rolled	11 to 14	
Steak	8 to 10	Turn meat over two ot three times during defrosting. Shield edges and unevenly shaped ends of roasts halfway through the defrost cycle. Halfway through the defrost cycle break apart minced beef, separate chops and remove meat that is defrosted. Large roarts may still be icy in centre. Allow to stand.
Miscellaneous		
Diced	9 to 12	
Sausages	7 to 10	
Minced Beef	8 to 11	
Liver	9 to 12	
Pork		
Roast	9 to 12	
Chops	9 to 11	
Ribs	8 to 12	
Lamb		
Roasts	9 to 12	
Chops	7 to 10	
POULTRY		
Chicken		Turn poultry over two to four times during defrosting. Halfway through the defrost cycle shield end of drumsticks, wings and breast bones with foil. Break apart chicken pieces and remove small pieces such as wings, that may defrost before larger pieces. Rinse poultry under cold water to remove ice crystals. Allow to stand for 5 to 10 minutes before cooking.
whole	9 to 12	
pieces	8 to 11	
fillets	8 to 10	
Duck	10 to 12	
Turkey	10 to 13	
FISH & SHELLFISH		
Fish Fillets	9 to 11	Halfway through the defrost cycle, turn whole fish or blocks of fillets over. Also, break apart prawns or scallops. Remove any pieces that are defrosted. Allow to stand 5 to 10 minutes before cooking.
Whole Fish	9 to 12	
Crabmeat	8 to 10	
Lobster Tails	8 to 10	
Sea Scallops	8 to 10	
Green Prawns	10 to 12	

Reheat – Frozen Convenience Foods

Pre-cooked Frozen Convenience Foods may be re-heated by manual microwave or by using the Frozen Reheat pad (NN-7852/6852). Refer to page 30 for use of the Frozen Reheat programme. Items which may be re-heated manually are listed below.

ITEM FROZEN (Pre-cooked)	POWER	TIME (in minutes)	SPECIAL INSTRUCTIONS
Plate Food	DEFROST then MEDIUM-HIGH	3 to 4 then 3 to 4	Arrange food evenly on a dinner plate. Add butter or gravy where desired. Cover plate with plastic wrap.
Family TV style dinner (320 g)	MEDIUM	8 to 10	Remove foil cover and replace with plastic wrap.
Bread 1 slice	MEDIUM	10 to 15 sec	Do not let bread get hot, or it will become rubbery and dry out. Remove whole loaf from original wrapper.
1 loaf	MEDIUM	2 to 4	
6 rolls	MEDIUM	2 to 3	Place on paper towel to absorb moisture.
Scones – 6 (400 g)	MEDIUM	2 to 3	Defrost on paper lined plate. Stand 2 minutes.
Cheesecake (600 g)	DEFROST	6 to 8	Remove from container. Defrost on plate.
Instant Casserole in Pouch (serves 2)	MEDIUM	4 to 6	Pierce pouch.
Vegetables & Sauce (in the bag) (500 g)	MEDIUM	8 to 10	Pierce corner of bag. Heat on plate.
Fish in Sauce (200 g)	MEDIUM	5 to 6	Pierce corner of bag. Heat on a plate.
Fruit Pie (500 g)	DEFROST then MEDIUM-HIGH	6 to 8 6 to 8	Remove from foil container and place uncovered into a pie dish.
Pizza (350 g)	HIGH	5 to 7	Remove from package and place onto paper towel or follow manufacturers instructions.
Meat Pie (300 g)	DEFROST then MEDIUM	4 to 6 2 to 3	Place onto paper towel lined plate.
Chicken Pieces (500 g)	DEFROST then MEDIUM-HIGH	5 to 7 6 to 8	Place onto paper towel lined plate.
Sausage Rolls (250 g)	MEDIUM	3 to 5	Place onto paper towel lined plate.
Fish fingers – 8(200 g)	DEFROST then HIGH	3 to 5 2 to 3	Place onto paper towel lined plate.
Lasagne (300 g)	MEDIUM	10 to 12	Remove from foil container, place into serving dish.
Croissants – 4 (250 g)	MEDIUM	2 to 3	Place onto paper towel lined plate.
Muffins – 4 (350 g)	HIGH	1 to 2	Place onto paper towel lined plate.

One Touch Cooking

Important Hints for One Touch Sensor Cooking

1. It is important that when preparing your food for One Touch Sensor Cooking/Reheating that the food be placed in an appropriate sized dish and covered securely with plastic wrap or a well fitted lid. If the lid does not fit securely, the sensor will calculate an incorrect cooking time.

2. The Automatic One Touch Sensor Cooking feature works by detecting the amount of steam generated by the food being cooked. From the amount of steam generated in the initial cooking stage, the oven then calculates the remaining cooking time based on a pre-determined programme.
It is important that the food be covered securely during the first stage of cooking to ensure the steam calculation is correct.

3. Foods weighing less than 125 grams should be cooked using manual micro power and entering your own cooking time.

4. Before using the One Touch Sensor Cook/Reheat ensure that the turntable is dry otherwise incorrect results may occur.

5. During the first stage of cooking the sensor category number will be displayed in the display window. Do not open the microwave oven door during this stage of cooking, otherwise steam will escape therefore giving an incorrect reading.

6. Once the steam level has been detected the oven will beep twice and the remaining cooking time will then appear in the display window and count down. At this time the oven door may be opened to stir, turn or add foods.

7. When the remaining cooking time is greater than 60 minutes the time will appear in the display window in hours and minutes.

8. Standing time may be programmed after the Sensor Cook programme as a two stage cooking sequence. Select the cooking cycle you require then use the TIMER pad and enter the standing time.

9. The desired cooking control (more/Less) may be used to increase or decrease the cooking time.

Sensor Reheat

Min Weight 125 g
Max Weight 1.0 kg

All foods must be pre-cooked. Casseroles, Plated dinners, soups, stews, pasta dishes (except lasagne), canned foods.
Reheat lasagne, non-stirrable foods, pastries, pies etc. using manual MICRO POWER.

Foods should be reheated from refrigerator or room temperature, do not reheat frozen foods on this setting. Where possible place foods onto dinner plates or flat type dishes. Do not reheat in foil or plastic containers as unsuccessful reheating times will result. All foods should be covered securely with plastic wrap or a well fitting lid. where possible after heating, stir foods and stand covered for 2 to 3 minutes before serving.

To achieve the best cooking results use the most appropriate food setting listed in the following chart.

Sensor Cook Category

Food Category (Min Weight - Max Weight)	Cooking Hints
VEGETABLES (125g-1.0kg) Suitable for all types of leaf, green and soft varieties of vegetables including broccoli, squash, cauliflower, cabbage, asparagus, beans, celery, zucchini, spinach, capsicum or a mixture of these.	All vegetables should be trimmed or prepared and cut into evenly sized pieces. Add 1 tablespoon to 1/4 cup of water to vegetables if dehydrated or a softer cooked texture is desired. Place into an appropriately sized dish, and cover securely with plastic wrap or a well fitting lid. Do not use plastic dishes as a desired seal cannot be achieved. If desired, butter, herbs etc. may be added but do not add salt until after cooking. If possible, stir vegetables after cooking time is displayed.
ROOT VEGETABLES (125g-1.0kg) Suitable for all types of hard vegetables including potatoes, sweet potatoes, pumpkin, swedes, turnips, parsnips, beetroot, carrots and onions or a mixture of these vegetables.	

Food Category (Min Weight - Max weight)	Cooking Hints
FROZEN VEGETABLES (125g-1.0kg) (NN-7852/6852 only) Suitable for all types of frozen vegetables.	Place vegetables to be heated in a suitable sized dish. Best results are achieved if large quantities are placed in a single layer. 1 tablespoon to 1/4 of a cup of water may be added if vegetables appear slightly dehydrated or a softer texture is desired at the completion of heating. Butter, herbs, etc. may be added before heating but do not salt vegetables until serving. Cover dishes securely with plastic wrap or a well fitting lid. Inaccurate results may occur if plastic dishes are used. At the completion of heating, stir larger guantities of vegetables and allow to stand covered for 2 to 3 minutes.
FROZEN REHEAT (125g-1.0kg) (NN-7852/6852 only) All foods must be pre-cooked and frozen. Suitable for heating casseroles, plated dinners,soups, stews, pasta dishes (except lasagne). Reheat lasagne and non-stirrable foods such as pastries and pies using manual MICRO POWER.	Reheat frozen foods in a suitable sized dish. Where possible place foods on a dinner plate or flat type dishes. Do not reheat foods in foil or plastic containers as unsuccessful reheating times will result. All foods should be securely covered with plastic wrap or a well fitting lid. Where possible, stir foods when the cooking time appears in the display screen. At the completion of heating, stir foods and allow to stand covered for 2 to 3 minutes.
RICE (100g-1/2cup-500g-2 1/2cups) Suitable for cooking short and long grain rice, and quick cooking brown rice. Do not cook brown rice or wild rice on this setting.	Place rice to be cooked with water in a 2 to 3 litre dish. Using a larger sized dish will prevent rice from boiling over. We recommend the following proportions of rice to water: 1/2 cup of rice with 1 cup of water, 1 cup of rice with 1 1/2 cups of water and 2 cups of rice with 3 cups of water. Always use cold tap water when cooking rice by automatic sensor. Do not cook rice in plastic containers as unsuccessful cooking times may result. Dish should be covered securely with plastic wrap or a well fitting lid. When the cooking time appears in the display screen, remove plastic wrap or lid. At the completion of the cooking time allow the rice to stand for 5 to 10 minutes.
FISH (125g-1.0kg) Suitable for cooking whole fish and fish fillets. Better results will be achieved if prawns, scallops etc. are cooked using manual MICRO POWER.	Select fish suitable for microwave cooking and place in a single layer in a shallow dish, with the skin side down. Butter, herbs, or spices may be added to add flavour. Overlap thin ends of fillets to prevent overcooking. Whole fish may be filled with seasoning and the cavity held closed with wooden skewers. Shield the eye and tail area of whole fish with small amounts of aluminum foil to prevent overcooking. Cover dish securely with plastic wrap or a well fitting lid. Allow large amounts of fish to stand for 3 to 5 minutes after cooking before serving.

Food Category (Min Weight - Max Weight)	Cooking Hints
BEEF (1.0kg-2.5kg) (NN-7852/6852 only) Suitable for cooking rump, topside, sirloin or tenderloin roasts.	Select roasts that are uniform in shape for best results. If roast is uneven, tie with string or shield thin portions once countdown appears. Less tender cuts of meat, eg. chuck should not be cooked using the Automatic Sensor, use a lower manual micro power setting to tenderise. See page 48 for details. Whole roasting pieces should be totally thawed before cooking. Meats may be marinated, seasoned or stuffed before cooking. Do not sprinkle roasts with flour as it will not dry and crisp like in a conventional oven. Place roasts fat side down on a microwave rack set into a dish. Cover securely with plastic wrap. Once countdown time appears in the display window, remove the plastic wrap and turn, re-arrange or shield roast if required. Always allow 10 to 15 minutes standing time after cooking. This makes carving easier and ensures that the heating is even throughout.
LAMB (1.0kg-2.5kg) (NN-7852/6852 only) Suitable for cooking leg, shoulder, loin or rack of lamb roasts.	
PORK (1.0kg-2.5kg) (NN-7852/6852 only) Foreloin, Middle loin or leg pieces are suitable for roasting.	
CHICKEN (500g-2.0kg) Suitable for cooking whole chickens and chicken pieces.	Whole chickens should be cooked directly from the refrigerator and totally thawed. Tie legs together with string. Place onto a microwave rack set inside a dish. Place whole poultry breast side down. Cover completely with plastic wrap. Do not stuff poultry with raw meat. Bread crumb or cooked rice seasonings may be used. If required, shield the chicken breast, wings or drumsticks with small pieces of foil to prevent from drying out. Arrange chicken pieces skin side up with thicker, meatier portions towards the edge of the dish. Once countdown time appears in the display window, remove plastic wrap and re-arrange or turn chicken. Always allow at least 5 to 10 minutes for pieces and 10 to 15 minutes for whole chicken, standing time at the completion of cooking. This makes carving the meat easier and ensures that the heat is even throughout.
CASSEROLE (500g-2.0kg) Suitable for cooking casseroles with less tender cuts of meat combined with liquid and vegetables.	Cut meat and vegetables into even size pieces. Place in a suitable sized dish. Dish should be approximately 3/4 full. Do not use plastic dishes as incorrect cooking time may result. Add 1/2 to 1 cup of soup, broth or stock per 500 g of meat. Cover securely with plastic wrap or a well fitting lid.
STEWED FRUIT (250g-2.0kg) (NN-7852/6852 only) Suitable for cooking fruits including rhubarb, strawberries, raspberries, blueberries, nectarines, pears, plums, apples and apricots. Minimum and maximum weights include sugar and water added to fruits.	Trim and prepare fruit into uniform size pieces. Add approximately 1/4 cup of caster sugar and 1/2 cup of water per 250 g of fruit. If not adding sugar slightly decrease the water content. The greater the amount of water used, the softer the fruit will be. Do not use plastic dishes to cook stewed fruit as incorrect cooking time may result. Place fruit, sugar and water into an appropriate sized dish. Cover securely with plastic wrap or a well fitting lid.

Converting Your Favourite Conventional Recipes for Microwave Cooking

When adapting conventional recipes for microwave cooking, reduce the conventional cooking time by one quarter or a third.
e.g. A chicken which takes 1 hour to cook in a moderate oven will take 15 to 20 minutes on a medium power in your microwave oven.
Use similar microwave recipes to help you adapt conventional recipes. Remember it is always best to undercook a recipe and then add an extra minute or two to finish it off.

Here are some other tips that may help:

* Reduce liquids in a conventional recipe by one half to two thirds. e.g. 1 cup (250 ml) should be reduced to 1/2 cup (125 ml).
* Add more thickening such as flour or cornflour to sauces and gravies if you do not reduce the liquid.
* Reduce seasonings slightly in a recipe where ingredients do not have time to simmer by microwave.
* Do not salt meats, poultry or vegetables before cooking otherwise they will toughen and dry out.
* If one ingredient takes longer to cook than the others, precook it in the microwave oven first. Onion, celery and capsicum are examples.
* If meat or vegetables are not being browned before cooking, omit any oil or fat that would have been used for browning.
* Reduce leavening agents for cakes and biscuits by one quarter and increase liquids by one quarter.
* Biscuits require a stiff dough. Increase flour by about 20 percent. Substitute brown sugar for white sugar, and use biscuit recipes that have dark spices or require icing. Because of the short cooking time, biscuits don't have time to brown. Chill dough for half an hour before baking. This produces a crisper biscuit. Bake biscuits on a glass tray lined with greaseproof paper.
* Since microwaves penetrate foods about two centimetres from the top, bottom and sides, mixtures in round shapes and rings cook more evenly. Corners receive more energy and may overcook.
* Items with a lot of water, such as rice or pasta, cook in about the same time as they would on a conventional stove. (Refer to Rice and Pasta chapter.)

Select recipes that convert easily to microwave cooking such as casseroles, stews, baked chicken, fish and vegetable dishes. The results from foods such as grilled meats, cooked soufflés or two-crust pies could be less than satisfactory. Never attempt to deep fry in your microwave oven.

Menu Planning for Microwave Cooking

How to Keep Everything Hot at The Same Time

Plan your meals so that the food will not all need last minute cooking or attention at the same time. The special features of microwave cookery make it easy to serve meals with everything piping hot. Cooking of some foods may be interrupted while you start others, without harming the nutritional value or flavour of either.
A recipe which requires standing time can be microwaved first and another food cooked while it stands. Dishes prepared in advance can be reheated briefly before serving.
It does take some experience and time to cook with confidence. Microwaves are fast so you will have to do some experimenting. You might find you will use your conventional range in conjunction with your microwave oven. For example, while cooking the roast in the microwave oven, you can be cooking the vegetables and gravy on the range top. This can also be done the other way around. Prepare your meal as follows.

1. Firstly, cook the most dense item (roast or casserole). Drain and retain meat juice from joints then cover with foil.
2. Cook the potatoes, rice or pasta.
3. Cover with foil for standing.
4. Cook greens and other vegetables.
5. Cover with foil for standing.
6. Cook the gravy with the retained meat juices, stock and thickening.
7. Carve the roast and serve the vegetables and gravy.

While you are learning to plan meals, you may get a bit behind time. Don't worry. Dinner servings may be suitably reheated on MEDIUM-HIGH, at 2 minutes per serving.
If you prefer not to use foil, cover food with saucepan lids. A metal lid will retain the heat for at least 15 minutes.
Meanwhile, how can you cook all the vegetables at the same time? Simply place potatoes and pumpkin in one dish and less dense vegetables such as broccoli, cabbage, cauliflower, beans and peas in another. Sprinkle greens with water. Cover with a lid or plastic wrap. Cook on HIGH for approximately 10 to 15 minutes for a serving for four people.
Remember, if you increase the quantity of vegetables, increase the cooking time.
Fresh and frozen vegetables can be mixed on a vegetable platter, but remember the latter are not as dense as fresh vegetables, as they have been blanched before freezing.
If vegetables are cut to a similar size to each other, they can be cooked in separate ramekins or small dishes at the same time.

Boiled Egg

Eggs cooked in their shells in a microwave oven can, and often do, explode due to the build up of internal pressure. However, by following the instructions given here, you can boil an egg successfully. Just take care to use foil as instructed below.

Serves: 1

Ingredients:
1 x 61 g egg (size 7)
1 cup hot water
aluminium foil

Method:
Wrap egg totally in aluminium foil. There should be no egg showing. Place egg in a 1-cup glass jug with 1/2 cup hot water. Cook on HIGH– For soft boiled–4 to 5 minutes– For hard boiled–5 to 6 minutes. Allow to stand in the cooking water 2 minutes for soft boiled and 5 minutes for hard boiled before serving.

Tip: While microwaving boiled eggs doesn't save you time, it does save you electricity and, best of all, washing up. All you have to do if you want more than one egg, is use a larger dish, more water (say, two cups) and cook a little longer (an extra 2 to 4 minutes).

Gravy

Makes: 2 cups

Ingredients:
2 tablespoons dripping or pan juices.
1 small onion, finely chopped
2 tablespoons flour
1 tablespoon tomato paste
1 1/2 cups beef stock
salt and pepper

Method:
Place dripping or pan juices and onion in a 2-cup jug. Cook on HIGH for 2 minutes. Add flour, tomato paste and half of the beef stock. Stir well and cook on HIGH for 2 minutes. Add remaining stock, stir well and cook on HIGH for a further 2 minutes. Season with salt and pepper. Serve with the meat of your choice.

Tea

Serves: 1

Ingredients:
3/4 cup hot tap water
1 teabag

Method:
Pour water into a heatproof cup. Cook on HIGH for 1 to 2 minutes. Submerge tea bag in water. Stand until desired strength is reached. Remove tea bag. Add milk and sugar if desired. Stir.

Coffee

Serves: 1

Ingredients:
3/4 cup water
1 to 2 teaspoons instant coffee

Method:
Pour water into a heatproof cup. Add coffee. Stir. Cook on HIGH for 1 to 2 minutes. Add milk and sugar if desired. Stir.

Poached Eggs

Serves: 2

Ingredients:
2 x 61 g eggs (size 7)
1/2 cup hot tap water
dash of vinegar
pinch of salt

Method:
Place one quarter of a cup of water, dash of vinegar and pinch of salt into 2 ramekin dishes or small glass bowls.
Cook water on HIGH for 1 1/2 minutes.
Break egg into boiling water and with a toothpick pierce egg yolk twice and egg white several times.
Cover dish with plastic wrap and cook on MEDIUM for 30 to 40 seconds.
Stand covered for 1 minute before serving.

Note: The size of the egg will alter cooking time.

Muesli

Makes: 3 1/2 cups

Ingredients:
1/3 cup honey
1/4 cup oil
2 cups rolled oats
1/4 cup each of:
bran
wheat germ
coconut
nuts (chopped)
sunflower seeds
sesame seeds
1/2 cup mixed dried fruit of your choice

Method:
Warm honey and oil (approximately 30 seconds) on HIGH until honey is melted, stirring once. Place dry ingredients in a large container and stir in honey mixture. Cook on HIGH for 6 to 7 minutes, stirring several times. Stir in selected dry fruit. Leave to go cold, and store in an airtight container.

Basic White Sauce

Makes: 1 cup

Ingredients:
2 tablespoons butter
2 tablespoons flour
salt and white pepper
1 1/4 cups milk

Method:
Place butter in a 4-cup jug. Cook on HIGH for 30 to 40 seconds. Stir in flour, salt and pepper. Gradually add milk, stirring until smooth. Cook on HIGH for 3 to 4 minutes, stirring twice.

Tip: For cheese sauce, stir in 1/2 cup grated cheese once sauce has thickened.

Boiled Rice

Serves: 4

Ingredients:
1 cup long grain rice
1 1/2 cups hot tap water
1/2 teaspoon salt

Method:
Place all ingredients in a 3-litre dish. Cook uncovered on HIGH for 10 to 12 minutes. Stand covered for 10 minutes. Drain and serve.

Tip: Butter and parsley can be mixed through before serving.

Scrambled Eggs

Serves: 2

Ingredients:
4 x 61 g eggs
4 tablespoons milk
pinch salt

Method:
In a 1-litre casserole dish, beat eggs lightly with a whisk. Add milk and salt and whisk until well combined. Cover dish with plastic wrap and cook on MEDIUM for 1 1/2 to 2 minutes. Stir egg and cook for a further 1 1/2 to 2 minutes. Stand covered for 1 minute before serving.

Boiled Brown Rice

Serves: 3 to 4

Ingredients:
1 cup brown rice
4 cups boiling water
1/2 teaspoon salt

Method:
Place all ingredients in a 4-litre dish. Cook uncovered on HIGH for 22 to 25 minutes. Stand covered for 10 minutes. Drain and rinse under hot water.

Hot Cocoa

Makes: 1 cup

Ingredients:
2 teaspoons cocoa powder
1 teaspoon sugar
2 tablespoons water
3/4 cup milk

Method:
Combine cocoa, sugar and water in a heatproof cup Cook on HIGH for 10 to 15 seconds. Stir in milk. Cook on MEDIUM-HIGH for 1 to 2 minutes.

Hot Lemon and Honey Drink

Makes: 1

Ingredients:
juice of 1/2 lemon
1 tablespoon honey
3/4 cup water

Method:
Mix all ingredients in a 2 cup heatproof jug. Cook on HIGH for 2 to 3 minutes. Stir well.

Fried Eggs

A good recipe for the browning dish.

Serves: 1 to 4

Ingredients:
1 to 4 eggs 61 g each
1 to 2 tablespoons butter

Method:
Preheat a browning dish on HIGH for 3 to 5 minutes. Add butter. Break eggs into browning dish. Cook on HIGH power for:
1 egg–15 to 20 seconds
2 eggs–20 to 30 seconds
4 eggs–30 to 40 seconds
Allow to stand for 1 minute before serving .

Pasta

Serves: 1 to 2

Ingredients:
125 g dried pasta
4 cups hot tap water

Method:
Place pasta and water in a 2 to 3 litre casserole dish. Place uncovered in microwave and cook on HIGH for 6 to 8 minutes. Allow to stand for 3 to 5 minutes before draining.

Macaroni and Cheese

Serves: 4 to 6

Ingredients:
40 g butter
2 onions, finely chopped
2 tablespoons flour
2 cups milk
1 cup grated tasty cheese
6 cups cooked macaroni, drained well
1/2 cup extra grated tasty cheese
paprika

Method:
Place butter and onions in a 2-litre casserole dish and cook on HIGH for 3 to 5 minutes.
Add flour, mix well and cook on HIGH for 1 minute.
Blend in milk and cook on HIGH for 4 to 5 minutes, stirring halfway through cooking.
Add cheese to sauce. Place macaroni and sauce in a 3-litre casserole dish. Mix well.
Top with extra cheese and sprinkle with paprika.
Cook on HIGH for 6 to 8 minutes.

Packet Cake

Ingredients:
1 packet cake mix (340 g)
Ingredients as recommended by manufacturer

Method:
Mix cake and other ingredients with a metal spoon. DO NOT OVERBEAT. Pour into 20 cm round dish that has been lightly greased and lined. Cook on MEDIUM for 6 to 8 minutes. Stand and allow to cool before removing.

Variations:
1 tablespoon jam added to batter before cooking.

Add 1 cup sour cream to batter and halve water suggested by manufacturer.

Half a cup chopped nuts, 1/4 cup brown sugar and 1 teaspoon cinnamon. Mix and place on base of cake dish before cooking cake.

Two tablespoons honey and 30 g butter melted in glass jug on HIGH 30 to 60 seconds. Pour over just baked buttercake. Sprinkle with cinnamon. Serve warm with cream or custard as a dessert or cold with cream as a tea cake.

A quarter of a cup toasted muesli mixed with 1 tablespoon marmalade and placed in the base of the dish.

Tip: Packet cakes are best mixed by hand as the microwaves will do the aerating.

Baked Custard

Serves: 4 to 5

Ingredients:
425 ml milk
3 eggs, lightly beaten
1/4 cup sugar
1 teaspoon vanilla essence
pinch ground nutmeg

Method:
Place milk in a 4-cup glass jug. Cook on HIGH for 2 minutes. Add eggs, sugar and vanilla to milk, whisking all the time. Strain mixture into a 20 cm round dish, sprinkle with nutmeg. Cook on MEDIUM-LOW for 14 to 16 minutes. Allow to stand covered for 5 minutes before serving.

Roasted Nuts

Serves: 2 to 4

Morish with drinks

Ingredients:
1 cup raw peanuts
(with or without skins, and unsalted)
2 teaspoons salad oil
salt to taste

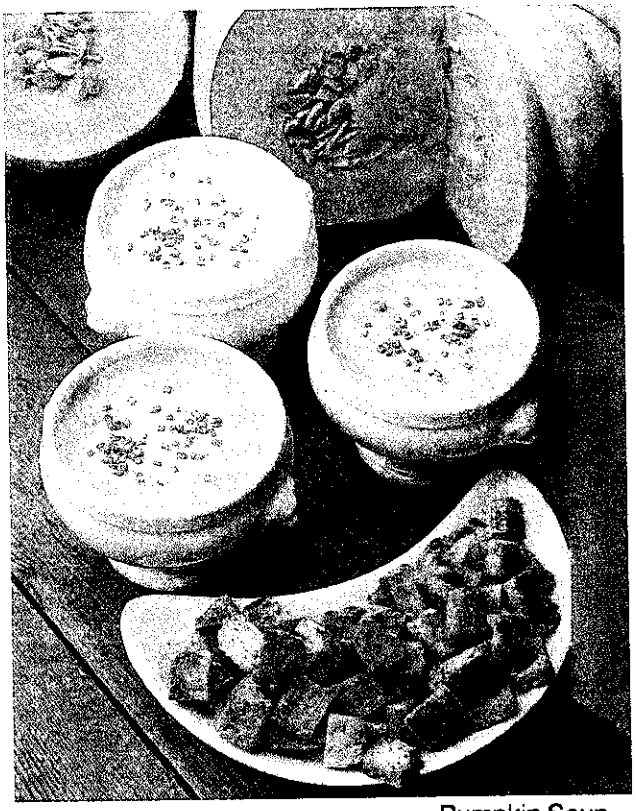
Method:
Place peanuts in a single layer on a pie plate. Cook on HIGH for 3 to 5 minutes, stirring every 2 minutes during cooking until golden brown. Drizzle nuts with oil and sprinkle with salt. Stir well. Cook on HIGH for 30 to 40 seconds. Stir. Serve hot or cold in a small bowl.

Vegetable Soup

Serves: 4 to 6

Ingredients:
500 g prepared vegetables of your choice (carrots, turnips, celery, etc.) finely chopped
1 onion, chopped
2 tablespoons butter
2 tablespoons plain flour
3 1/2 cups chicken stock
salt and pepper
3 tablespoons parsley, chopped

Method:
Place vegetables, except onion, in a 3-litre casserole dish. Cover and cook on HIGH for 8 to 10 minutes. Set aside. Place onion and butter in a 4-cup jug and cook on HIGH for 2 to 3 minutes. Add flour to onion mixture and mix well. Gradually add 1 cup of stock. Stir well. Cook on HIGH for 3 minutes, stirring halfway through cooking. Add remaining stock and onion mixture to vegetables in casserole dish. Cook on HIGH for 12 to 14 minutes. Season with salt and pepper and serve, sprinkled with chopped parsley.



Pumpkin Soup

Pea and Ham Soup

Serves: 6 to 8

Ingredients:
500 g split peas
2 cups water
500 g ham or bacon bones
1 bayleaf
3 cup water, extra
2 rashers bacon, rind removed
1 medium sized carrot, peeled and diced
1 large onion, peeled and diced
1/2 teaspoon thyme
6 cups chicken or bacon stock

Method:
Soak peas in 2 cups of water for at least 1 hour. Drain.
Place peas and 3 cups fresh water in a 4-litre casserole dish with bones and bayleaf. Cook covered on HIGH for 10 minutes. Reduce power to MEDIUM and cook for a further 20 to 25 minutes. Remove meat from bones and set aside. Discard bayleaf. Place bacon between 2 sheets of paper towel on a dinner plate and cook on HIGH for 2 to 3 minutes. Crumble bacon with your fingers. Place meat from bones, carrot and onion in a small dish and cook on HIGH for 2 minutes. Add vegetables, bacon, thyme and stock to split peas. Cook on HIGH for 10 minutes. Reduce power to MEDIUM and cook for a further 15 minutes.
Serve hot in individual bowls.

Pumpkin Soup

Serves: 2 to 4

Ingredients:
1 kg pumpkin
3/4 cup water
1 chicken stock cube
1 clove garlic, crushed
1 teaspoon curry powder
salt and pepper
2/3 cup cream
1 tablespoon chopped chives

Method:
Peel pumpkin and remove seeds. Dice pumpkin into 3 cm pieces. Place pumpkin in a 2-litre casserole dish, add water, stock cube, garlic and curry. Cover and cook on HIGH for 15 to 20 minutes. Cool slightly. Purée pumpkin and liquid in a blender or food processor. Stir in salt and pepper and cream. Pour back into casserole dish. Cook on HIGH for 4 to 5 minutes. Spoon into individual serving dishes and garnish with chives.

Mushroom Soup

Serves: 4

Ingredients:
1 tablespoon butter
250 g mushrooms, sliced
1 tablespoon flour
2 cups chicken stock
1/4 cup white wine
1 teaspoon mustard
1/2 cup cream

Method:
Place butter and mushrooms in a 2-litre casserole dish. Cover and cook on HIGH for 5 minutes. Add flour, stock, wine, mustard and cream to mushrooms and mix well. Cover and cook on HIGH for 6 to 8 minutes, stirring halfway through cooking. This soup can be puréed if preferred.

Vichyssoise

Serves: 4 to 6

Ingredients:
2 potatoes (approx. 350 g) peeled and thinly sliced
1 1/2 cups, thinly sliced leeks
1 can (435 g) cream of chicken soup
1 tablespoon flour
salt and pepper
1 1/2 cups cream

Method:
Place potatoes, leeks and chicken soup in a 3-litre casserole dish. Cover and cook on HIGH for 12 to 14 minutes. Cool slightly. Purée potato mixture in a food processor or blender, adding flour, salt and pepper and cream. Return to dish. Cook on MEDIUM-HIGH for 4 to 6 minutes. Serve hot or cold, in individual bowls.

Oyster Soup

Serves: 4 to 6

Ingredients:
30 g butter
2 tablespoons flour
2 cups chicken stock
1/2 cup cream
20 bottled oysters, drained
salt and white pepper
snipped chives to garnish

Method:
Place butter in a 2-litre casserole dish and cook on HIGH for 1 minute.
Add flour, stir well and cook on HIGH for 30 seconds. Gradually add stock, stirring continuously. Cook on HIGH for 3 to 5 minutes, stirring halfway through cooking. Add cream, oysters, salt and pepper. Cook on MEDIUM-HIGH for 1 to 2 minute. Spoon into individual serving dishes and garnish with chives.

Potato and Leek Soup

Serves: 4 to 6

Ingredients:
4 large potatoes, peeled, thinly sliced
1 1/2 cups thinly sliced leeks
2 teaspoons dried thyme
2 cups hot chicken stock
1 tablespoon flour
Salt and pepper
1 1/2 cups cream

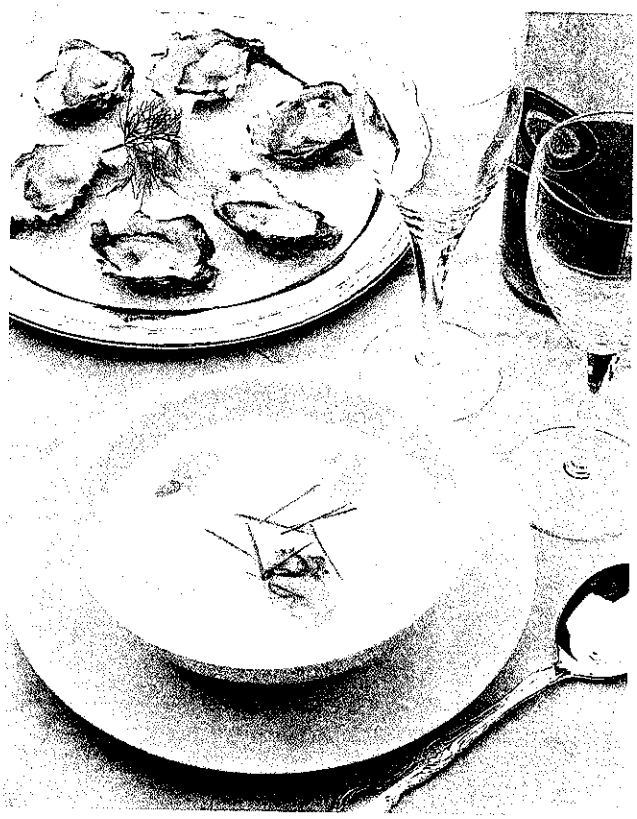
Method:
Place potatoes, leeks, thyme and chicken stock in a 3 litre casserole dish. Cover and cook on HIGH for 10 to 12 minutes. Cool slightly. Puree potato mixture in a food processor or blender, adding flour, salt, pepper and cream. Return to dish. Cook on MEDIUM-HIGH for 4 to 6 minutes. Serve hot or cold, in individual bowls.

Creamy Broccoli Soup

Serves: 4

Ingredients:
750 g broccoli
6 cups boiling chicken stock
150 ml cream
2 tablespoons chopped parsley
salt and freshly ground black pepper

Method:
Cut broccoli stalks into 2.5 cm pieces. Place stalks and flowerets into a 3-litre casserole dish. Add stock to dish. Cover and cook on HIGH for 18 to 20 minutes. Drain and reserve 2 cups of liquid. Purée broccoli with 2 cups of liquid in a blender or food processor. Stir in cream and parsley. Cook on MEDIUM for 2 to 3 minutes.
Season with salt and pepper. Serve.



Oyster Soup

Tomato Soup

Serves: 4 to 6

Ingredients:
2 rashers bacon, rind removed and bacon chopped
30 g butter
1 kg ripe tomatoes, peeled and chopped
1 onion, sliced
1 carrot, sliced
2 1/2 cups chicken stock
1 teaspoon oregano
salt and pepper

Method:
Cook bacon between 2 sheets of paper towel on a dinner plate on HIGH for 2 to 3 minutes. Place butter in a 4-litre casserole dish and cook on HIGH for 30 to 60 seconds. Add bacon and vegetables. Cook on HIGH for 8 to 10 minutes. Pour in stock and oregano. Cover and cook on HIGH for 15 minutes. Purée in a food processor or blender. Season to taste with salt and pepper. Serve in individual soup bowls.

Potato and Corn Soup

Potato and Corn Soup

Serves: 6 to 8

Ingredients:
6 rashers bacon, rind removed
1 onion, thinly sliced
500 g potatoes, peeled and diced
4 cups chicken stock
1 can (440 g) creamed corn
2 tablespoons flour, mixed with a little stock
1/2 teaspoon thyme
salt and pepper

Method:
Chop bacon and place in a 3-litre dish. Cook on HIGH for 4 to 6 minutes. Remove bacon from dish, and set aside. Add onion and potatoes to dish and cook on HIGH for 8 to 10 minutes. Add stock and cook on HIGH for a further 8 to 10 minutes. Mix flour with 2 tablespoons of stock and add to dish with corn, thyme and bacon. Cook on HIGH for 4 to 6 minutes. Stir halfway through cooking. Season with salt and pepper.

Ham & Cheese Croissants

Serves: 2

Ingredients:
2 croissants
4 slices ham
4 slices tasty cheese
salt and pepper

Method:
Cut croissants in half lengthwise.
Place cut side up on a dinner plate.
Place ham on top of each croissant.
Place cheese on top of ham.
Cook on HIGH for 1 1/2 to 2 minutes.
Season to taste with salt and pepper. Serve.

Crab and Corn Soup

Serves: 4 to 6

Ingredients:
1 tablespoon oil
1 onion, finely chopped
425 ml boiling chicken stock
1 can (300 g) creamed corn
salt and pepper
1 can (170 g) crabmeat, drained
150 ml milk
3 tablespoons cream
chopped parsley for garnish

Method:
Place oil and onion in a 3-litre casserole dish. Cover and cook on HIGH for 2 to 4 minutes. Add chicken stock, corn, salt and pepper. Cook on HIGH for 5 minutes. Add crabmeat and milk and mix well. Cook on HIGH for 3 minutes. Stir in cream and sprinkle with parsley. Serve.

Nuts and Bolts

Serves: 6 to 8

Ingredients:
1/3 cup butter
1/2 teaspoon curry powder
2 tablespoons worcestershire sauce
1/2 teaspoon salt
1/4 teaspoon garlic powder
52 g pkt mixed rice crackers
75 g pkt sesame bits (rice crackers)
200 g salted peanuts
125 g pkt pretzel sticks
1/2 cup Nutri-Grain

Method:
Place butter, curry, worcestershire sauce, salt and garlic powder in a 3-litre casserole dish. Cook on HIGH for 2 to 3 minutes. Add remaining ingredients, mix well and cook on HIGH for 5 to 6 minutes, stirring twice through cooking. Serve in a bowl with drinks.

Frankfurters

Serves: 5

Ingredients:
10 frankfurters
1/4 cup water

Method:
Place frankfurters in a 2-litre casserole dish. Make a few slits in each frankfurter. Add water to dish. Cover dish with a lid or plastic wrap.
Cook on HIGH for 4 to 5 minutes.

Tip: To cook one frankfurter, prick and place on a dinner plate. Cook on HIGH for 30 to 40 seconds.

Mini Pizzas

Serves: 2 to 4

Ingredients:
4 small round pita breads
2 tablespoons tomato paste
3/4 cup grated Mozzarella cheese
1/2 cup chopped salami
50 g mushrooms, chopped
2 tomatoes, chopped
1 teaspoon mixed dried herbs

Method:
Place pita bread onto a dinner plate. Spread each piece with tomato paste, then sprinkle with remaining ingredients. Cook on MEDIUM for 4 to 5 minutes.

Cheesy Ham Omelette

Serves: 1 to 2

Ingredients:
3 eggs, separated
2 tablespoons milk
salt and pepper
1/4 cup grated cheese
50 g ham, cut into strips
1 shallot, finely sliced
butter for greasing

Method:
Beat egg yolks, with milk and salt and pepper in a bowl. In a separate bowl, beat egg whites until soft peaks form. Gently fold egg whites through yolk mixture with cheese, ham and spring onion.
Place onto a well greased dinner plate.
Cook on MEDIUM for 4 to 5 minutes.
Stand for 2 minutes before folding in half to serve.

Homous

Makes: Approximatery 3 cups

Ingredients:
250 g chick peas
8 cups water
2 tablespoons lemon juice
2 tablespoons minced garlic
3 tablespoons olive oil

Method:
Place chick peas and water in 4-litre casserole dish and soak overnight. Cover and cook on HIGH for 15 minutes. Then for a further 45 minutes on MEDIUM-HIGH. Place all ingredients into food processor and process for 6 to 8 minutes or until smooth. If mixture is too thick add extra water. Serve as a dip with blanched carrot, cauliflower and broccoli.

Nachos Supreme

Serves: 4 to 6

Ingredients:
500 g topside mince
1 onion, chopped
35 g packet Taco seasoning mix
1 can (140 g) tomato paste
1 teaspoon Mexican chilli powder
1 can (310 g) red kidney beans, mashed in liquid
180 g packet corn chips
1 avocado
1/2 cup sour cream
1/2 cup grated cheese
paprika

Method:
Place meat and onion in a 2-litre dish. Cover and cook on MEDIUM-HIGH for 6 minutes. Mix with a fork breaking up any large pieces of meat. Add taco mix, tomato paste, chilli powder and kidney beans. Cook on MEDIUM-HIGH for a further 10 minutes, stirring halfway through cooking. Place corn chips in a 3-litre microwave suitable serving dish. Pile meat sauce in the centre. In a small bowl, mash avocado and mix in sour cream. Spoon this mixture over meat sauce and top with grated cheese. Sprinkle on paprika. Heat on MEDIUN-HIGH for 3 to 4 minutes.

Pâté

Makes: 2 cups

Ingredients:
2 rashers bacon, rind removed and bacon chopped
1 small onion, finely chopped
1 clove garlic, crushed
125 g butter
375 g chicken livers, trimmed and cut in half
1/2 teaspoon pepper
2 tablespoons brandy
2 tablespoons sour cream

Method:
Place bacon, onion, garlic and butter into a 1-litre casserole dish. Cook on HIGH for 4 to 5 minutes. Add chicken livers and pepper to mixture. Cover and cook on MEDIUM for 6 to 7 minutes, stirring halfway through cooking. Set aside and allow to cool. Place cooled mixture in a blender or food processor. Add brandy and sour cream and process until smooth. Pour into a 2-cup mould and refrigerate until set.

Directions for Cooking Fish and Shellfish by Microwave

Clean fish before starting the recipe. Arrange fish in a single layer, do not overlap edges. Prawns and scallops should be placed in a single layer.

Cover dish with plastic wrap. Cook on the power level and for the minimum time recommended in the chart below. Halfway through cooking rearrange or stir prawns or scallops.

Fish and Shellfish Chart for Microwave Cooking by Time

FISH OR SHELLFISH	AMOUNT	POWER	APPROX. COOKING TIME (in minutes)
Fish Fillets	500 g	MEDIUM	4 to 6
Scallops (sea)	500 g	MEDIUM	4 to 6
Green Prawns, medium size (shelled and cleaned)	500 g	MEDIUM	3 to 5
Whole Fish (stuffed or unstuffed)	500 g to 900 g	MEDIUM	6 to 8

Salmon Mornay

Serves: 4

Ingredients:
40 g butter
1 onion, diced
1/4 cup flour
1 teaspoon dried or
1 tablespoon fresh parsley
pepper
1/2 teaspoon prepared mustard
1 1/2 cups milk
1 can (440 g) salmon
3/4 cup fresh bread crumbs
1/3 cup grated cheese

Method:
Place butter and onion in a 4 cup jug. Cook on HIGH for 1 minute. Add flour and cook on HIGH for 1 minute. Add parsley, pepper, mustard and gradually blend in milk. Cook on HIGH for 3 to 4 minutes, stir halfway through cooking. Lightly mix through salmon and liquid into sauce. Pour into a serving dish and top with breadcrumbs and cheese. Cook for a further 4 to 5 minutes on HIGH power.

Oysters Kilpatrick

Makes: 12

Ingredients:
60 g bacon , rind removed and bacon finely chopped
1 tablespoon Worcestershire sauce
2 teaspoons lemon juice
12 oysters in shell

Method:
Mix together bacon, Worcesteshire sauce and lemon juice in a small bowl. Cover bacon mixture and cook on HIGH for 1 to 2 minutes. Place oysters in shell evenly around a dinner plate and sprinkle with bacon mixture. Cook on HIGH for 2 minutes. Serve with drinks.

Sweet Scallop Stir Fry

Serves: 2 to 4

Ingredients:
1 tablespoon oil
1 onion, quartered
1/2 teaspoon crushed garlic
1/2 large red capsicum, sliced
2 sticks celery, sliced
2 tablespoons sliced water chestnuts
100 g snow peas
1 tablespoon honey
1 tablespoon sweet chili sauce
1 tablespoon chopped mint
500 g scallops

Method:
Preheat a browning dish on HIGH for 5 to 7 minutes. Add onions and garlic and cook on HIGH for 1 to 2 minutes. Add remaining ingredients and cook on HIGH for 3 to 5 minutes, stir halfway through cooking. Serve immediately.

Poached Fish

Serves: 4

Ingredients:
1 kg gemfish fillets
1 lemon, thinly sliced
seasoned pepper
1/4 cup white wine
1/4 cup water

Method:
Cup fish into serving size portions. Place fish in 3-litre dish. Scatter lemon slices over fish and place bay leaf in dish. Sprinkle with seasoned pepper and pour over wine and water. Cover and cook on MEDIUM for 10 to 12 minutes. Stand for 2 to 3 minutes before serving. Drain well. Serve with lemon slices, chips and salad.

Coquille St Jacques

Serves: 4 to 6

Ingredients:
2 tablespoons butter
1 onion, finely chopped
60 g button mushrooms, sliced
1/4 cup plain flour
2 cups milk
1/4 cup white wine
500 g scallops
1 cup fresh breadcrumbs
1/2 cup grated Swiss cheese
2 tablespoons chopped parsley
salt and pepper

Method:
Place butter, onion and mushrooms in a 2-litre casserole dish. Cook on HIGH for 2 to 3 minutes. Add flour, stir well. Gradually add milk and white wine, stirring continuously. Cook on HIGH for 3 to 4 minutes, stirring halfway through cooking. Add scallops and cook on MEDIUM-HIGH for 2 to 4 minutes. Stirring halfway through cooking. Divide mixture into 4 to 6 ramekins. Mix together breadcrumbs, cheese, parsley, salt and pepper in a small bowl. Sprinkle over each scallop mixture. Cook on HIGH for 1 to 2 minutes.

Salmon Pâté

Makes: 2 1/2 cups

Ingredients:
1 tablespoon butter or margarine
3 shallots, sliced
1 tablespoon plain flour
1 teaspoon prepared mustard
salt and pepper
1/2 cup sour cream
1/4 cup mayonnaise
1/4 cup white wine
1 tablespoon lemon juice
1 can (440 g) salmon, drained and bones removed
1 tablespoon gelatine
1/4 cup water

Method:
Place butter or margarine and shallots in a 1-litre casserole dish. Cook on HIGH for 2 to 3 minutes. Add flour, mustard, salt and pepper. Stir and cook on HIGH for 1 minute. Stir in sour cream, mayonnaise, wine, lemon juice and salmon. Purée mixture in a blender or food processor. Place gelatine and water in small dish and cook on HIGH for 20 to 30 seconds. Allow mixture to cool slightly. Stir into salmon mixture. Pour into a 2 1/2 cup mould and refrigerate until set.

Coquille St Jacques

Italian Mussels

Serves: 2 to 4

Ingredients:
20g butter
1 1/2 cups chopped leeks
1 clove garlic, crushed
1 can (440g) peeled tomatoes, roughly chopped
1 tablespoon tomato paste
1/2 teaspoon dried oregano
1/2 teaspoon dried basil
freshly ground black pepper
750g New Zealand green lipped mussels

Method:
Place butter, leeks and garlic into a shallow 3-litre dish. Cook on HIGH for 2 minutes. Stir well. Add tomatoes, tomato paste, oregano, basil and pepper, mix well. Cook on HIGH for 3 to 4 minutes. Add mussels, spooning some of the tomato mixture into the shells to increase the flavour. Cover and cook on HIGH for 5 to 6 minutes. Serve immediately.

Smoked Red Cod

Serves: 2 to 4

Ingredients:
2 medium sized smoked red cod fillets (approx. 500 g)
1 tablespoon butter, melted
3 tablespoons water
freshly ground black pepper

Method:
Place all ingredients in a large casserole dish. Cover and cook on MEDIUM for 5 to 6 minutes or until cooked and fish flakes when tested with a fork.

Seafood Marinara

Seafood Marinara

Serves: 4

Ingredients:
250 g scallops
250 g green prawns, shelled and deveined
1 squid, (approx. 275 g) cleaned and sliced
2 tablespoons butter
1 clove garlic, crushed
2 tomatoes, peeled and chopped
1 tablespoon tomato paste
1/4 cup white wine
1 teaspoon basil
pepper
chopped parsley

Method:
Place cleaned seafood into a 2-litre casserole dish. Set aside. Place butter and garlic, in a 1-litre casserole dish. Cook on HIGH for 1 minute. Add remaining ingredients except seafood to dish and cook on HIGH for 5 minutes. Purée tomato mixture in a blender or food processor and pour over seafood. Cook on MEDIUM for 5 to 7 minutes. Stand for 5 minutes. Serve with salad and pasta.

Fish Almondine

Serves: 2

Ingredients:
1/4 cup sliced almonds
60 g butter
2 fish fillets (approx. 300 g each)
1 tablespoon chopped parsley
juice of 1/2 lemon
salt and pepper

Method:
Place almonds and butter in a shallow dish and cook on HIGH for 2 to 4 minutes. Arrange fish fillets in a shallow casserole dish. Pour butter and almonds over fish, sprinkle with parsley, lemon juice and season with salt and pepper. Cook on MEDIUM for 5 to 7 minutes. Stand covered for 5 minutes.

Whole Stuffed Fish

Serves: 2

Ingredients:
500 g whole fish, cleaned and scaled
(Bream or Snapper)
2 tablespoons melted butter

Stuffing:
1 cup fresh breadcrumbs
4 shallots, sliced
1 teaspoon dried basil
juice of 1/2 lemon
2 tablespoons chopped parsley
freshly ground black pepper

Method:
Brush fish cavity with melted butter. Combine remaining butter with remaining ingredients to make stuffing. Stuff fish cavity with mixture and secure opening with wooden skewers or string. Place fish on a ceramic rack in a 3-litre casserole dish and cook on MEDIUM for 6 to 8 minutes. Stand covered for 5 minutes before serving.

Garlic Prawns

Serves: 2 to 4

Ingredients:
60 g butter
1 clove garlic, crushed
1 tablespoon lemon juice
1 tablespoon parsley, chopped
salt
500 g green prawns, peeled and deveined

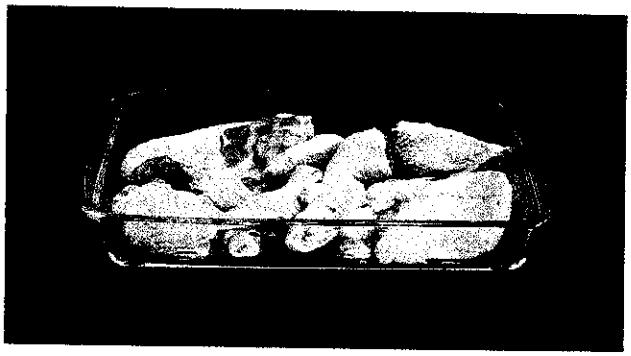
Method:
Place butter and garlic in a 20 cm round dish and cook on HIGH for 1 minute.
Add lemon juice, parsley, salt and prawns.
Cover and cook on MEDIUM for 2 to 3 minutes, stirring halfway through cooking.
Stand covered for 5 minutes.
Serve in individual ramekins.

Directions for Cooking Whole Poultry by Microwave

Season as desired, but salt after cooking. Browning sauce mixed with equal parts of butter will enhance the appearance.
Poultry may be stuffed or unstuffed. Tie legs together with cotton string. Place on microwave rack set in a rectangular dish. Place poultry breast-side down: turn over halfway through cooking. Cover with wax paper to prevent splattering.
If the poultry is not cooked enough return it to the oven and cook a few more minutes at the recommended power level.
DO NOT USE A CONVENTIONAL MEAT THERMOMETER IN THE MICROWAVE OVEN. Let stand, covered with foil, 10 to 15 minutes after cooking. Standing time allows the temperature to equalise throughout the food and finishes the cooking process.
If a large amount of juice accumulates in the bottom of the baking dish occasionally drain it. If desired, reserve for making gravy.
Less-tender birds should be cooked in liquid such as soup or broth. Use 1/4 cup per 500 g of poultry. Use an oven cooking bag or covered casserole. Select a covered casserole deep enough so that bird does not touch the lid.
If an oven cooking bag is used, prepare according to package directions. Do not use wire twist-ties to close bag. Use only nylon tie, a piece of cotton string, or a strip cut from the open end of the bag.
Make six 2 cm slits in top of bag.
Multiply the weight of the poultry by the minimum recommended minutes per 500 g. Programme Power and Time.
After cooking, check the internal temperature of the bird with a microwave or conventional meat thermometer, inserted into the thigh muscle. Check temperature in both muscles. The thermometer should not touch bone. If it does, the reading could be inaccurate. A thermometer cannot be accurately inserted into a small bird. To check desired cooking of a small bird, juices should be clear and the drumsticks should readily move up and down after standing time.
During cooking it may be necessary to shield legs, wings and the breast bone to prevent overcooking. Wooden toothpicks can be used to hold foil in place.

Directions for Cooking Poultry Pieces by Microwave

Cover with wax paper, or paper towel. Multiply the weight by the minimum time recommended in the chart.
Arrange pieces skin-side down, and evenly spread in a shallow dish.
Turn or rearrange halfway through cooking. Shield wing tips, drumstick ends etc. if required.



Poultry Chart for Microwave Cooking by Time

POULTRY	POWER	TEMPERATURE AFTER COOKING	APPROX. COOKING TIME (minutes per 500 g)
Chickens (up to 2.8 kg)	MEDIUM-HIGH	87°C	10 to 15
Chicken (pieces)	MEDIUM-HIGH	87°C	6 to 8
Turkey	MEDIUM-HIGH	87°C	10 to 15
Duck	MEDIUM-HIGH	87°C	10 to 15

Chicken and Potato Casserole

Serves: 4

Ingredients:
1 BBQ (cooked) chicken
500 g potatoes, peeled and thinly sliced
1/4 cup water
30 g butter
1 onion, finely chopped
1 clove garlic, crushed
2 tablespoons plain flour
1 cup chicken stock
1 teaspoon french mustard
1/2 cup cream
3/4 cup grated tasty cheese
paprika

Method:
Remove chicken meat from bones. Place potatoes and water in a 2-litre casserole dish. Cover and cook on HIGH for 8 to 10 minutes. Drain. Combine chicken and potatoes. Set aside. Place butter in a 4-cup glass jug and cook on HIGH for 1 minutes. Add onion and garlic to jug and cook on HIGH for 1 to 2 minutes. Add flour and stir. Gradually add stock and blend to a smooth paste. Cook on HIGH for 2 to 3 minutes.
Add mustard and cream. Stir well. Pour sauce over chicken and potato mixture. Sprinkle with cheese and paprika. Cook on MEDIUM-HIGH for 4 to 6 minutes. Serve with vegetables.

Chicken Breasts with Ham and Cheese

Serves: 4

Ingredients:
4 chicken breasts
seasoned flour
1 tablespoon oil
4 slices ham
4 slices swiss cheese
2 tablespoons chicken stock
2 tablespoons white wine
1 tablespoon flour
salt and pepper

Method:
Preheat a browning dish on HIGH for 5 to 7 minutes. Coat chicken with seasoned flour. Add oil and chicken to browning dish and cook on HIGH for 6 to 8 minutes, turning halfway through cooking. Place chicken into a 3-litre casserole dish. Top each breast with a slice of ham, then cheese. Mix together stock, wine and flour and pour over chicken. Season with salt and pepper. Cook on MEDIUM for 5 to 7 minutes.
Serve with minted peas and whole new potatoes.

Roast Turkey

Serves: 6 to 8

Ingredients:
2.5 to 2.8 kg turkey
60 g butter
1 stick celery, finery sliced
1 small onion, finely chopped
2 small cooking apples, peeled and grated
2 cups fresh breadcrumbs
1 tablespoon parsley, finely chopped
1 egg
salt and pepper
1 tablespoon oil
lemon pepper or seasoned salt

Method:
Clean and pat dry turkey with paper towel. Melt butter in a 1-litre casserole dish on HIGH for 30 to 40 seconds. Add celery, onion and apples and cook on HIGH for 5 minutes. Add breadcrumbs, parsley, egg, salt and pepper. Mix well and stuff mixture into cleaned turkey. Place turkey breast-side down on a ceramic rack in a 3-litre casserole dish.
Pierce skin of turkey with a fork. Secure legs of turkey with string. Brush with oil. Sprinkle with lemon pepper or seasoned salt.
Cook on MEDIUM for 60 to 70 minutes, turning halfway through cooking. Stand covered for 10 minutes before serving.

Chicken Cacciatore

Serves: 4

Ingredients:
1.5 kg chicken
2 onions, sliced
1 large capsicum, sliced
1 can (425 g) peeled tomatoes
1/4 cup tomato paste
1 teaspoon oregano
salt and pepper

Method:
Place chicken breast- side down on a ceramic rack in a 3-litre dish. Cook on MEDIUM-HIGH for 35 to 40 minutes, stand for 10 minutes. Set aside.
Place onions and capsicum into a 3-litre dish. Cook on HIGH for 3 to 4 minutes. Add tomatoes, tomato paste, oregano, salt and pepper. Mix well. Remove meat from chicken bones and cut into small pieces. Mix chicken through tomato mixture. Heat on MEDIUM-HIGH for 4 to 6 minutes.

Roast Chicken

Serves: 4 to 6

Ingredients:
1.5 kg chicken
2 tablespoons melted butter
seasoning of your choice-lemon, pepper, seasoned salt, etc.

Method:
Clean and pat dry chicken with paper towel. Brush chicken with melted butter and sprinkle with seasoning. Place chicken breast side down, on a rack in a 3-litre dish.
Cook on MEDIUM-HIGH for 30 to 35 minutes. Turn halfway through cooking.

Peanut Satay

Serves: 4

Ingredients:

Marinade:
1/2 teaspoon caraway seeds
1 teaspoon ground coriander
1 clove garlic, crushed
1 tablespoon brown sugar
1 tablespoon soy sauce
1 tablespoon lemon juice
pinch salt
750 g boneless chicken, cut into 2.5 cm cubes
bamboo skewers

Satay Sauce:
3 red chillies, seeded and finely chopped
2 cloves garlic, crushed
1 cm piece ginger, grated
1 teaspoon salt
1/2 cup peanut butter
1 cup water
1/4 cup sultanas
1/4 cup raisins
1/2 cup vinegar
1/2 cup sugar
1/2 cup peanuts
1/4 cup chutney (optional)

Method:
Combine all marinade ingredients in a bowl with chicken meat and marinate for at least 24 hours. Combine all sauce ingredients in a 6-cup jug and cook on HIGH for 8 to 10 minutes, stirring halfway through cooking. Purée sauce in a blender or food processor. Set aside. Preheat a browning dish on HIGH for 4 to 5 minutes. Thread chicken cubes onto bamboo skewers. Place chicken skewers into browning dish and cook on HIGH for 4 to 6 minutes, or until cooked, turning once during cooking. Serve with satay sauce.

Tip: To reheat sauce: Cook on HIGH for 1 to 2 minutes.

Chicken Tacos

Serves: 4 to 6

Ingredients:
1 tablespoon butter
2 cloves garlic
1 large onion, chopped
1 teaspoon chilli powder
35 g packet taco seasoning mix
500 g chicken tenderloins, cut into small pieces
1 can red kidney beans, mashed in liquid
1/2 cup tomato paste
3/4 cup water
1 capsicum, diced
1 cup grated cheese
12 taco shells

Method:
Place butter, garlic and onion in a 3 litre dish and cook on HIGH for 2 to 3 minutes. Add chilli powder, taco seasoning and chicken, and cook on MEDIUM-HIGH for 6 to 8 minutes, stirring once during cooking. Add kidney beans, tomato paste, water and capsicum, and cook on MEDIUM-HIGH for 6 to 8 minutes. Serve in heated taco shells topped with grated cheese.

Roast Honey Duck with Orange Sauce

Serves: 4 to 6

Ingredients:
1.5 kg duck
3 tablespoons honey
1 tablespoon orange liqueur
1 tablespoon vinegar

Sauce:
juice of 2 oranges
rind of 1 orange
1/4 cup water
1 tablespoon brown sugar
1 tablespoon vinegar
1 tablespoon orange liqueur

Method:
Clean and pat dry duck with paper towel. Pierce skin at 2 cm intervals with a fork. Place honey, liqueur and vinegar in a 2-cup glass jug and cook on HIGH for 20 seconds.
Place duck, breast side down on a ceramic rack in a 3-litre casserole dish. Brush duck with half of the honey mixture. Cook on MEDIUM-HIGH for 20 minutes. Turn duck over and brush with remaining honey mixture and cook on MEDIUM-HIGH for a further 15 to 20 minutes.

Sauce:
Place all ingredients except rind, vinegar and liqueur in a 2-cup jug. Cook on HIGH for 1 1/2 to 2 minutes. Add vinegar and liqueur and cook on HIGH for a further 30 seconds. Pour sauce over duck, sprinkle with rind, and serve.

Pepper Chicken

Serves: 4

Ingredients:
1 tablespoon butter
4 chicken breast fillets
1 tablespoon cracked black pepper
2-3 cloves crushed garlic
1 tablespoon seeded mustard
2 tablespoons lemon juice
1/2 cup cream

Method:
Preheat a browning dish on HIGH for 4 to 5 minutes. Flatten chicken fillets and press pepper onto each fillet. Add butter and garlic to browning dish with chicken and cook on HIGH for 4 to 6 minutes. Turn halfway through. Remove chicken and add mustard, lemon juice and cream to dish, stir well. Replace fillets into dish and heat on MEDIUM-HIGH for 1 to 2 minutes.

Chicken Wings in Lemon Sauce

Serves: 4 to 6

Ingredients:
1 kg chicken wings
1/4 cup soy sauce
1 teaspoon ginger powder
2 cloves garlic, crushed
1/4 cup lemon juice

Method:
Place chicken wings in a 3-litre casserole dish. Mix together remaining ingredients and pour over chicken wings. Marinate for 1 to 2 hours in the refrigerator.
Cook covered on MEDIUM-HIGH for 20 to 25 minutes. Serve hot with rice.

Chicken Wings in Lemon Sauce

Chinese Chicken and Broccoli

Serves: 4 to 6

Ingredients:
1 tablespoon cornflour
1/2 cup soy sauce
1/4 cup water
2 teaspoons finely grated root ginger
1 kg boneless chicken fillets, cut into thirds
185 g broccoli flowerets
3/4 cup cashews

Method:
Place cornflour, soy sauce, water and ginger in a 3-litre casserole dish and mix well. Cook on HIGH for 2 to 2 1/2 minutes. Add chicken to dish and cook on MEDIUM-HIGH for 6 to 8 minutes. Cover and set aside. Place broccoli and cashews in a small bowl and cook covered on HIGH for 3 to 4 minutes. Add broccoli and cashews to chicken. Mix well and cook on MEDIUM-HIGH for 2 to 3 minutes. Serve with fried rice.

Tip: Other cuts of chicken can be substituted in this dish. Make sure you remove all bones. If you prefer, replace broccoli with snowpeas.

Tarragon Chicken and Mushrooms

Serves: 6 to 8

Ingredients:
1 1/2 kg chicken pieces
1 onion, sliced
1/2 teaspoon dried tarragon leaves
salt and pepper
150 g mushrooms, finely sliced
1 can (440 g) cream of mushroom soup
1/2 cup sour cream

Method:
Place chicken and onion in a 4-litre casserole dish. Cook on MEDIUM for 25 to 30 minutes. Drain away any excess fat. Season with tarragon and salt and pepper. Add mushrooms. Cook on MEDIUM for 3 to 4 minutes. Blend together soup and sour cream. Spoon over chicken. Cook covered on MEDIUM for 12 to 15 minutes. Remove chicken to a serving platter. Stir sauce and spoon over chicken. Serve with rice or vegetables.

Spicy Chicken Curry

Serves: 4 to 6

Ingredients:
2 tablespoons oil
2 onions, finely chopped
1 clove garlic, crushed
1 teaspoon finely grated root ginger
2 teaspoons ground coriander
1/2 teaspoon ground turmeric
1 teaspoon ground cumin
1 teaspoon chilli powder
3 tablespoons vinegar
1 kg chicken breast fillets, cut into strips
1 cup chicken stock
1/4 cup coconut cream
1/4 cup fruit chutney

Method:
Place oil, onions, garlic and ginger in a 3 litre dish and cook on HIGH for 3 to 5 minutes. In a small bowl mix together spices and vinegar. Add to onion mixture and cook on HIGH for 2 to 4 minutes. Add chicken and stock to onion mixture and cook on MEDIUM for 15 to 20 minutes. Before serving stir through coconut cream and fruit chutney. Serve with rice, pappadums and sambals.

Apricot Nectar Chicken

Serves: 4 to 6

Ingredients:
40 g pkt French onion soup mix
425 ml apricot nectar
1 kg chicken pieces

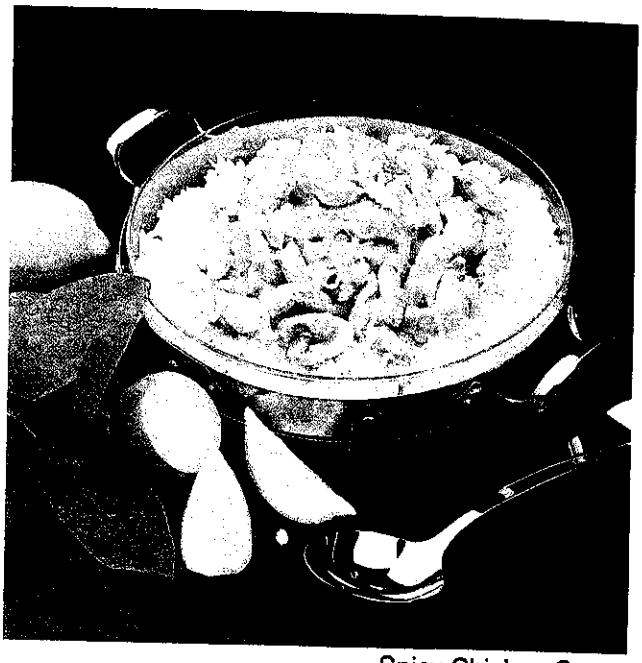
Method:
Mix soup and nectar together in a jug. Place chicken pieces in a 3-litre casserole dish and pour liquid over chicken. Cover and cook on MEDIUM-HIGH for 25 to 30 minutes. Remove chicken pieces to a serving platter. Stir sauce and serve spooned over chicken.

Honey Sesame Drumsticks

Serves: 3 to 4

Ingredients:
8 chicken drumsticks
1 clove garlic, crushed
1 cm piece ginger, finely chopped
1/4 cup dark soy sauce
1/4 cup honey
2 tablespoons sesame seeds

Method:
Place drumsticks into a 3 litre dish. Mix together remaining ingredients and pour over drumsticks, mix well. Marinate for at least 2 hours or overnight. Cook on MEDIUM-HIGH for 18 to 22 minutes.



Spicy Chicken Curry

Chicken Tetrazzini

Serves: 4

Ingredients:
4 cups water
125 g spaghetti, broken in half
60 g butter
1/4 cup flour
1/4 teaspoon salt
1/4 teaspoon pepper
1 cup chicken stock
1 cup milk
1.3 kg BBQ (cooked) chicken
125 g mushrooms, sliced
1/4 cup Parmesan cheese
nutmeg for sprinkling

Method:
Place water in a 4-litre casserole dish. Cover and cook on HIGH for 10 minutes. Add spaghetti and cook on HIGH for 8 to 10 minutes. Stand covered for 5 minutes. Drain. Heat butter in a 3-litre casserole dish on HIGH for 30 to 60 seconds. Stir in flour, salt and pepper. Gradually add stock and milk. Stir until smooth. Cook on MEDIUM-HIGH for 6 to 8 minutes, stirring every 2 minutes. Remove chicken meat from bones. Stir in chicken, spaghetti, and mushrooms. Mix well. Sprinkle parmesan cheese and nutmeg over top. Cook on MEDIUM for 10 to 15 minutes.

Directions for Cooking Tender Cuts of Meat by Microwave

For best results, select roasts that are uniform in shape.

Place meat on a microwave rack in a suitable dish. Beef rib roast should be placed cut-side down. Other bone-in roasts should be placed fat-side down. Boneless roasts should be placed fat-side up. Halfway through cooking turn roasts.
Half hams should be shielded by wrapping an 8 cm wide strip of foil around the large end of the ham. Secure to the body of the ham with wooden toothpicks. Fold 3 cm over cut surface. For shank ham halves, shield shank bone by cupping it with foil. One third of the way through cooking, remove ham from oven and cut off skin. Turn fat-side up and reshield edges. If desired, glaze last 10 to 20 minutes of cooking.
Loosely cover baking dish with wax paper or paper towel to prevent splatter. If a large amount of juice accumulates in the bottom of the dish, drain occasionally. If desired, reserve for making gravy. Multiply the weight of the roast by the minimum recommended times per 500 g. Programme Power and Time.
Meats can be shielded at the beginning of cooking or halfway through cooking. If you wish to shield at the beginning of cooking, remove foil halfway through the cooking time. Beef and pork rib roasts should be shielded by the bones. Foil should extend about 5 cm down from bones. The shank, thin ends of boneless roasts should also be shielded. Make sure foil does not touch the sides of the oven, as arcing may occur.
Canned hams should be shielded on the top cut-edge with a 3 cm strip of foil. Wrap strip of foil around ham and secure to body of ham with wooden toothpicks. Fold 2 cm over cut surface.

After heating, check temperature using a meat thermometer. The thermometer should not touch bone or fat. If it does, the reading could be inaccurate. Lower temperatures are found in the centre of the roast and in the muscle close to a large bone, such as a pork loin centre rib roast. If the temperatures are low, return meat to the oven and cook a few more minutes at the recommended power level. DO NOT USE A CONVENTIONAL MEAT THERMOMETER IN THE MICROWAVE OVEN. Let stand, covered with foil, 10 to 15 minutes. During standing time the internal temperature equalises and the temperature rises 5°C to 10°C.

Directions for Cooking Less-Tender Cuts of Meat by Microwave

Less-tender cuts of meat such as pot roasts should be cooked in liquid. Use 1/2 to 2 cup of soup, broth, etc per 500g of meat. Use an oven cooking bag or covered casserole when cooking less-tender cuts of meat. Select a covered casserole deep enough so that the meat does not touch the lid.
If an oven cooking bag is used, prepare the bag according to package directions. Do not use wire or metal twist-ties. Use the nylon tie provided, otherwise, use a piece of cotton string or a strip cut from the open end of the bag. Make six 2 cm slits in top of bag to allow steam to escape.
Multiply the weight of the roast by the minimum recommended minutes per 500 g. Programme Power and Time. Turn meat over halfway through cooking. Meat should be tender when cooked.

Meat Chart for Microwave Cooking

MEAT	POWER	APPROX. COOKING TIME (minutes per 500 g)
Beef		
Roasts		
Rare	MEDIUM-HIGH	8 to 10
Medium	MEDIUM-HIGH	10 to 12
Well	MEDIUM-HIGH	12 to 14
Chuck, Flank, Brisket	MEDIUM	25 to 30
Pork		
Leg of Pork	MEDIUM-HIGH	12 to 15
Loin of Pork	MEDIUM-HIGH	12 to 15
Pork Chops	MEDIUM-HIGH	6 to 8
Ham Canned (fully cooked)	MEDIUM-HIGH	5 to 7
Lamb		
Medium	MEDIUM-HIGH	10 to 12
Well	MEDIUM-HIGH	12 to 15

Goulash

Serves: 4

Ingredients:
500 g lamb chops
1 onion, chopped
1 clove garlic, crushed
1 tablespoon butter or margarine
2 tablespoons tomato paste
1/2 teaspoon paprika
1 small capsicum, cut into 2.5 cm cubes
1 cup beef stock
2 tablespoon flour
2 tablespoon water
2 tablespoons sour cream

Method:
Trim fat and bones from meat and cut meat into 2 cm cubes. Place onion, garlic and butter or margarine in a 3-litre casserole dish. Cook on HIGH for 1 to 2 minutes. Add tomato paste and paprika and cook on HIGH for a further 2 minutes. Add lamb, capsicum and stock. Cover and cook on MEDIUM for 25 to 30 minutes stirring halfway through cooking. Mix flour with 2 tablespoon of water and stir into goulash mixture. Cook on HIGH for 1 to 2 minutes.
Stir in sour cream and serve with pasta and rice.

Lamb & Mushroom Kebabs

Makes: 8 skewers

Ingredients:
1/4 cup red wine
2 teaspoons lemon juice
1 tablespoon oil
1 clove garlic, crushed
1/2 teaspoon ground coriander
freshly ground black pepper
500 g boneless leg lamb, trimmed and cut into 3 cm cubes
200 g mushrooms, stalks removed
1 tablespoon oil

Method:
Combine red wine, lemon juice, oil, garlic, coriander and pepper in a jug. Place lamb in a bowl. Pour over liquid. Cover and leave to marinate overnight.
Preheat a browning dish on HIGH for 4 to 6 minutes. Thread lamb cubes and mushrooms alternately onto bamboo skewers. Approximately 4 cubes of meat per skewer. Add oil to browning dish and place 4 skewers in dish. Cook on HIGH for 2 to 3 minutes, turning once during cooking. Remove skewers and drain any juices. Preheat the browning dish on HIGH for a further 3 minutes. Add remaining 4 skewers and cook on HIGH for 2 to 3 minutes. Serve on a bed of rice.

Veal Paprika

Serves: 4

Ingredients:
750 g diced veal
250 g mushrooms, sliced
1 cup chicken stock
1 onion, finely chopped
1 teaspoon paprika
salt and pepper
2 tablespoons flour
1 tablespoon tomato paste
1/2 cup sour cream

Method:
In a 3-litre casserole dish combine veal, mushrooms, 1/2 cup of the chicken stock, onion, paprika and salt and pepper. Cook on MEDIUM-HIGH for 10 to 15 minutes. Blend flour with remaining stock. Stir into veal with tomato paste and cook on HIGH for 2 to 3 minutes. Blend in sour cream. Serve.

Barbecued Marinated Spare Ribs

Serves: 4

Ingredients:
1 kg pork spare ribs
3/4 cup fruit chutney
3/4 cup tomato sauce
1 tablespoon soy sauce
1 tablespoon Worcestershire sauce

Method:
Place all ingredients in a 3-litre casserole dish and marinate for several hours or overnight. Cook ribs on MEDIUM-HIGH power for 20 minutes turning once through cooking.

Veal and Pineapple Casserole

Serves: 4 to 6

Ingredients:
750 g veal steak, diced
2 tablespoons seasoned flour
125 g bacon, rind removed
2 onions, sliced
1 can (450 g) pineapple pieces, drained
2 tablespoons parsley, finely chopped
1/2 teaspoon dried basil
1 cup tomato purée
1 chicken stock cube, crumbled

Method:
Toss veal in flour. Cut bacon into 3 cm pieces. Combine veal, bacon and remaining ingredients in a 3-litre casserole dish. Mix well. Cook on MEDIUM-HIGH for 35 to 40 minutes. Stirring halfway through cooking.

Roast Lamb

Roast Lamb

Serves: 4 to 6

Ingredients:
1/4 cup apricot jam
1.2 kg leg of lamb

Method:
Place lamb fat side down, on a rack in a 3-litre dish. Cook on MEDIUM for 30 to 35 minutes, turn halfway through cooking and brush with jam. Stand covered for 10 minutes before slicing. Serve with baked vegetables.

Lambs Fry and Bacon

Serves: 4

Ingredients:
750 g liver
1/4 cup flour
250 g bacon, rind removed and bacon cut into 2 cm strips
2 onions, sliced
1 tablespoon butter
ground black pepper
1 tablespoon chopped parsley

Method:
Soak liver in water for 30 minutes, remove skin and cut liver into thin strips. Coat liver with flour and shake off any excess. Place bacon and onion into 3-litre dish and cook on HIGH for 3 to 5 minutes. Remove and drain well on absorbent paper. Add half the butter to the dish and half the sliced liver. Cook on HIGH for 2 to 4 minutes, stir halfway through cooking. Repeat with remaining butter and liver. Return all the liver to the dish and add bacon and onion, season with pepper and add parsley. Stir well. Cook on HIGH 1 to 2 minutes and serve immediately.

Irish Stew

Serves: 8

Ingredients:
750 g lamb, cut into 2 cm cubes.
2 carrots, peeled and sliced
2 potatoes, peeled and sliced
2 cups water
40 g packet French Onion Soup mix
2 tablespoons flour
1 bay leaf

Method:
Arrange lamb, carrots and potatoes in a 2-litre casserole dish. Combine water, soup mix, flour and bay leaf in a mixing bowl. Pour over meat, carrots and potatoes.
Cook on MEDIUM-HIGH for 6 to 8 minutes and then cook on MEDIUM-LOW for 60 to 70 minutes. Stand covered for 5 minutes. Stir. Serve with steamed vegetables.

Crusted Rack of Lamb

Serves: 2 to 3

Ingredients:
1 rack of lamb (approx. 600 g)
3/4 cup fresh bread crumbs
3 tablespoons sweet marmalade
2 tablespoons finely chopped mixed herbs
pinch cayenne pepper

Method:
In a small bowl combine all ingredients except lamb and mix well. Place rack of lamb, fat side up on a rack set in a 3 litre dish. Spread marmalade mixture onto top side of lamb and cook on MEDIUM-HIGH for 15 to 17 minutes. Allow to stand for 5 minutes before serving.

Chilli Beef

Serves: 4 to 6

Ingredients:
500 g topside mince
1 onion, chopped
1 clove garlic, crushed
2 teaspoons Mexican style chilli powder
1 can (300 g) tomato puree
1 can (440 g) red kidney beans, well drained

Method:
Place mince, onion, garlic, chilli powder and tomato puree in a 3-litre dish. Mix well. Cook on MEDIUM-HIGH for 10 minutes. Stir halfway through cooking. Add kidney beans and cook on MEDIUM-HIGH for a further 10 minutes. Stirring halfway through cooking. Serve in taco shells with chopped tomatoes and shredded lettuce or with a salad and crusty bread.

Beef Curry

Serves: 4 to 6

Ingredients:
1 tablespoon oil
1 large onion, chopped
1 large tomato, chopped
1 tablespoon curry powder
1 teaspoon chilli powder
1 kg chuck steak, fat removed and cut into 2.5 cm cubes
salt
1 cup beef stock
1 tablespoon malt vinegar

Method:
Place oil, onion and tomato in a large casserole and cook on HIGH for 4 to 5 minutes. Stir in curry powder , chilli powder and meat and cook on HIGH for a further 5 minutes. Add remaining ingredients, ensuring the meat is under the liquid. Cook, uncovered, on HIGH for 5 minutes then on MEDIUM-LOW for 1 to 1 1/4 hours. Stir and serve with rice.

Chinese Beef and Vegetables

Serves: 4 to 6

Ingredients:
500 g rump steak
1 teaspoon grated fresh ginger
1 clove garlic, crushed
1 tablespoon oil
1 tablespoon soy sauce
1/2 cup beef stock
2 tablespoons Hoi Sin sauce
2 tablespoons cornflour
375 g prepared vegetables, e.g. broccoli, onion petals, mushrooms, capsicum chunks, snow peas

Method:
Cut beef into paper thin strips. Place ginger, garlic and oil in a 3-litre dish. Cook on HIGH for 1 minute. Add beef strips to dish and cook on HIGH for 2 minutes. Mix sauces with cornflour and stir through beef.
Cook on HIGH for 2 minutes, stirring halfway through cooking. Add vegetables and cook on HIGH for 4 minutes, stir halfway through cooking. Stand for 5 minutes before serving with boiled rice.

Beef Stroganoff

Serves: 4

Ingredients:
1 tablespoon butter
1 onion, sliced
750 g rump steak sliced into ribbons
2 tablespoons tomato sauce
2 tablespoons worcestershire sauce
200 g sliced button mushrooms
1 beef stock cube
1 tablespoon cornflour
1/2 cup hot tap water
1/2 cup sour cream
1 tablespoon chopped parsley

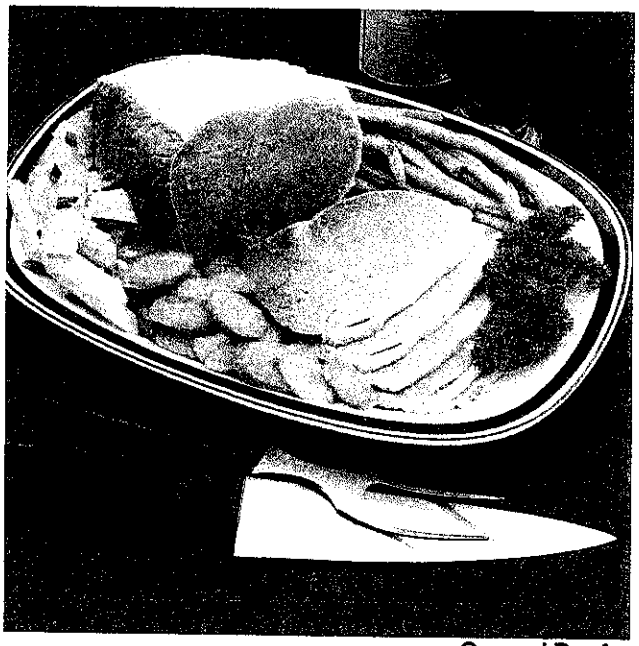
Method:
Place butter, onion, meat, sauces and mushrooms into a 3-litre dish. Cook on MEDIUM-HIGH for 8 to 10 minutes. Combine water, cornflour and stock cube in a small bowl, then add to meat mixture. Stir well. Cook on MEDIUM-HIGH for a further 3 to 5 minutes. Add sour cream and parsley. Stir and heat on MEDIUM-HIGH for 2 minutes. Serve with egg noodles or rice.

Pepper Pot Beef

Serves: 4

Ingredients:
20 g butter
1 teaspoon minced garlic
1 red capsicum, cut into 2.5 cm cubes
1 can (410 g) peeled tomatoes
750 g cubed beef
3 tablespoons tomato paste
2 bay leaves
1 tablespoon Worcestershire sauce
1 tablespoon cracked black pepper
1 cup water

Method:
Place butter and garlic in 3-litre casserole dish. Cook on HIGH for 30 seconds. Add remaining ingredients. Cook on MEDIUM-HIGH for 35 to 40 minutes or until meat is tender. Stirring regularly. Serve with boiled or steamed rice.



Corned Beef

Meat Loaf

Serves: 4 to 6

Ingredients:
500 g minced beef
1 onion, finely chopped
1 can (425 g) apricot halves, drained and diced
1/2 green capsicum, finely chopped
1 1/2 cups soft breadcrumbs
2 tablespoons fruit chutney
2 tablespoons chopped parsley
1 beef stock cube, crumbled
ground black pepper
1 egg
1 tablespoon apricot jam

Method:
Combine all ingredients except jam in a large bowl, mix well. Place into a lightly greased 12 cm x 20 cm loaf dish. Cook on MEDIUM-HIGH for 20 to 25 minutes. Spread with jam while meatloaf is still warm.

Peppered Steak

Serves: 2

Ingredients:
2 slices rump steak
2 tablespoons cracked peppercorns
1 tablespoon oil

Method:
Preheat a browning dish on HIGH for 4 to 6 minutes. Trim excess fat from steak and coat each side of steak with peppercorns. Remove dish from oven, add oil and place steaks in dish. Cook on HIGH for 2 to 4 minutes. Turn and cook for a further 2 to 4 minutes. Remove steaks and serve with vegetables.

Note: Times may vary depending on the thickness of the steak.

Corned Beef

Serves: 4

Ingredients:
1.5 to 1.7 kg corned silverside
1 tablespoon brown sugar
1 tablespoon white vinegar
1 onion, cut in half
4 cloves
6 peppercorns
1 bay leaf
3 cups water

Method:
Rinse corned silverside under cold running water to remove excess salt. Place corned silverside in a 4-litre casserole dish. Add remaining ingredients. Cover and cook on HIGH for 10 minutes. Turn meat, cover and cook on MEDIUM-LOW for 1 1/4 to 1 1/2 hours. Stand corned silverside in cooking liquid for 10 minutes before carving.

Note: Depending on the shape of the silverside, it may require a further 10 to 15 minutes on LOW.

Beef Lasagne

Serves: 8 to 10

Ingredients:
750 g lean beef mince
1 cup finely sliced mushrooms
1 onion, finely chopped
1 clove garlic, crushed
425 g tomatoes, roughly chopped
200 g tomato paste
1 teaspoon oregano
1 teaspoon basil
salt and pepper
1/2 cup Parmesan cheese
500 g Ricotta cheese
250 g grated Mozzarella cheese
8 precooked lasagne noodles
1 cup extra grated Mozzarella cheese

Method:
Place meat, mushrooms, onion, and garlic in a 3-litre dish. Cook covered on MEDIUM-HIGH for 8 to 10 minutes. Drain off fat. Add tomatoes, tomato paste, oregano, basil, salt and pepper. Cook covered on MEDIUM-HIGH for 15 to 20 minutes, stirring halfway through cooking. Spoon quarter of the meat sauce into the base of a deep 26 cm x 20 cm dish. Mix all cheeses together, except for extra cheese. Top the meat with half the noodles and half of the mixed cheese. Spoon another quarter of the meat sauce over the cheese. Top with the remaining noodles and cheeses. Spread remaining meat sauce on cheese and sprinkle with extra cheese. Cook covered on MEDIUM-HIGH for 20 to 25 minutes.

Directions for Cooking Vegetables

Fresh Vegetables by Microwave

Place vegetables in a casserole dish. Add 2 to 3 tablespoons of water per 500 g of vegetables. Add salt to water or add after cooking. Do not place salt directly on vegetables. Cover dish with glass lid or plastic wrap.
Cook on HIGH according to time recommended in charts. Halfway through cooking, stir, turn vegetables over or rearrange.
Vegetables that are to be cooked whole and unpeeled, need to be pierced to allow steam to escape. Place vegetables on a paper towel lined dinner plate.
Allow to stand covered according to the time indicated in the charts.

Frozen Vegetables by Microwave

Remove vegetables from package and place in an appropriate sized container. Vegetables frozen in a pouch should be placed on a dish and the top pierced. Cook on HIGH according to directions given in chart. Vegetables should be cooked covered with a lid or plastic wrap.
Halfway through cooking, stir, turn vegetables over or rearrange. Stir after cooking. Allow to stand for 2 to 3 minutes before serving.

Dried Beans or Peas by Microwave

Place hot tap water, in a 4-litre dish.

Bring hot water to the boil on HIGH for 10 to 12 minutes.

To Cook by Time: Add beans and 2 tablespoons oil to water. Cook according to directions in chart. Stir.

Note: Beans such as red kidney beans and lima beans should be soaked overnight before cooking.

250 g of dried beans equals about 3 cups cooked. Use in place of canned beans.

Allow to stand, covered, for 15 to 20 minutes.

Frozen Vegetables Chart for Microwave Cooking

Vegetables should be cooked on HIGH power for best results.

VEGETABLE	QUANTITY	COOKING PROCEDURE	APPROX. COOKING TIME (in minutes) on HIGH
Beans	250 g	Cook in covered 2-litre dish.	4 to 6
Broad Beans	250 g	Cook in covered 2-litre dish.	5 to 7
Broccoli (spears)	350 g	Cook in covered 2-litre dish.	5 to 7
Brussels Sprouts	250 g	Cook in covered 2-litre dish.	5 to 7
Carrots (baby)	250 g	Cook in covered 2-litre dish.	6 to 8
Cauliflower	500 g	Cook in covered 2-litre dish.	5 to 7
Corn (1/2 cob) Corn (cobs)	1/2 ear (75 g) 250 g	Cook in covered 2-litre dish. Cook in covered 2-litre dish.	3 to 4 5 to 7
Mixed Vegetables	250 g	Cook in covered 2-litre dish.	5 to 7
Peas	250 g	Cook in covered 2-litre dish.	4 to 6
Spinach	250 g	Cook in covered 2-litre dish.	4 to 6

Dried Beans and Peas Chart for Microwave Cooking

ITEM	CONTAINER	AMOUNT OF HOT WATER	APPROX. TIME TO BOIL HOT WATER on HIGH (in minutes) COVERED	TO COOK BEANS on MEDIUM-LOW (in minutes) COVERED
Lentils (250 g)	4-litre dish	2 litres	10 to 12	15 to 20
Soup Mix (250 g)	4-litre dish	2 litres	10 to 12	15 to 20
Split peas or Lentils (250 g)	4-litre dish	2 litres	10 to 12	20 to 25
Beans (250g) Soaked overnight	4-litre dish	2 litres	10 to 12	25 to 30

Fresh Vegetables Chart for Time Cooking

Vegetables should be covered and cooked on HIGH power for best results. Weights given are trimmed weights.

VEGETABLE	QUANTITY	COOKING PROCEDURE	APPROX. COOKING TIME (in minutes) on HIGH
Asparagus	250 g	Covered dish with 1/4 cup water.	3 to 5
Beans (sliced)–finely	250 g	Covered dish with 1/4 cup water.	4 to 5
Beets	4 whole (1 kg)	Cover with 1 cup water in a 4-litre dish. Stand after cooking 5 mins.	14 to 18
Broccoli	500 g	Flowerets only, in a covered dish with 1/4 cup water.	5 to 7
Brussels Sprouts	500 g	Covered dish with 1/4 cup water.	4 to 6
Cabbage	500 g	Shredded, with 1/4 cup water in a covered dish.	6 to 8
Carrots	4 (sliced finely) (225 g)	With 1/4 cup water in a covered dish.	3 to 5
Cauliflower	500 g	Flowerets with 1/4 cup water in a covered dish.	5 to 7
Celery	6 stalks (400 g cut in 1 cm angled pieces)	With 1/4 cup water in a covered dish.	4 to 6
Corn	2 ears (500 g) 4 ears (1 kg)	Brush with melted butter and cook in a covered dish.	4 to 6 8 to 10
Eggplant	1 (500 g)	Dice with 1/4 cup water in covered dish.	4 to 6
Onions	3 (200 g)	Cut in quarters with 1/4 cup water, in a covered dish.	5 to 7
Mushrooms	250 g (sliced)	Cook with 2 tablespoons butter in covered dish.	3 to 4
Peas	250 g	Shell peas and place with 1/4 cup water covered in dish.	3 to 5
Potatoes–Mashed Jacket	5 (500 g)	Peeled and quartered with 1/4 cup water. Prick skins, on paper towel lined plate, uncovered.	10 to 12 7 to 9
Pumpkin	500 g	Peeled and cut into uniform pieces with 1/4 cup water in a covered dish.	8 to 10
Spinach	250 g	Remove stem, cut leaves into small pieces. With 1/4 cup water in a dish, covered.	3 to 5
Sweet Potato	500 g	In serving size pieces with 2 tablespoons butter in a covered dish.	6 to 8
Turnips	500 g	Peeled and sliced finely with 1/4 cup water in a covered dish.	6 to 8
Tomatoes	2 (300 g)	Sliced and cooked covered with 1 tablespoon butter in a dish.	2 to 4
Zucchini	500 g	Cut in 2 cm pieces in a covered dish.	5 to 7

Ardennis Style Potatoes

Serves: 4

Ingredients:
4 medium sized potatoes
100 g ham, finely diced
3 tablespoons snipped chives
50 g butter
1/2 cup grated Cheddar cheese
ground black pepper

Method:
Scrub potatoes, wash and pat dry with paper towel. Prick skins and place in a 2-litre casserole dish. Cook on HIGH for 6 to 8 minutes. Allow to cool slightly. Cut top off potatoes and scoop out pulp from centre, leaving 1 to 2 cm in shell. Mash pulp and combine with remaining ingredients. Spoon filling back into potato shells. Place potatoes in a 2-litre casserole dish. Cook on HIGH for 2 to 3 minutes.

Ardennis Style Potatoes

Cauliflower Au Gratin

Serves: 4

Ingredients:
500 g cauliflower, trimmed and cut into flowerets
2 tablespoons water
2 tablespoons butter
1 small onion, finely chopped
2 tablespoons flour
1 cup milk
1/2 cup grated tasty cheese

Method:
Place cauliflower and water in a shallow casserole dish. Cover and cook on HIGH for 6 to 8 minutes. Stand covered while making sauce.
Place butter and onion in a 4-cup glass jug. Cook on HIGH for 2 to 3 minutes. Stir in flour and cook on HIGH for 1 minute. Add milk gradually. Stir well. Cook on HIGH for 2 to 3 minutes, stirring halfway through cooking. Drain cauliflower and pour over sauce. Sprinkle with cheese. Cook on MEDIUM-HIGH for 1 to 2 minutes.

Note: Depending on the size and arrangement of cauliflower pieces, timing will vary. If smaller pieces are used, cook on HIGH for 5 to 7 minutes.

Oriental Vegetables

Serves: 4 to 6

Ingredients:
1 tablespoon oil
1 cup celery, sliced diagonally
1 large onion, cut into petals
1 green capsicum, cut into 2.5 cm pieces
1 red capsicum, cut into 2.5 cm pieces
1 cup sliced mushrooms
1 tablespoon Hoi Sin sauce
2 teaspoons soy sauce

Method:
Preheat a browning dish on HIGH for 7 minutes. Add oil and vegetables and stir well. Cook on HIGH for 4 to 5 minutes, stirring halfway through cooking. Mix together sauces in 1 cup glass jug and cook on HIGH for 1 minute. Pour over hot vegetables and mix well.

Creamed Spinach

Serves: 4

Ingredients:
1 bunch spinach, roughly chopped
4 shallots, finely chopped
1 clove garlic, crushed
2 tablespoons sour cream
salt and pepper

Method:
Cook washed spinach leaves, shallots and garlic in a covered 3-litre casserole dish on HIGH for 5 to 7 minutes. Drain well by squeezing between two dinner plates. Toss through remaining ingredients. Season to taste.
Cook on HIGH for 1 to 2 minutes. Serve.

Broccoli and Cheese Sauce

Serves: 2 to 3

Ingredients:
250 g broccoli, washed, trimmed and cut into flowerets
1 tablespoon water

Cheese Sauce:
2 tablespoons butter
2 tablespoons flour
1 cup milk
3/4 cup grated cheese
1/4 teaspoon mustard
salt and pepper

Method:
Place broccoli and water in a 2-litre casserole dish. Cover and cook on HIGH for 5 to 7 minutes. Drain and set aside. Place butter in a 4-cup jug and cook on HIGH for 30 seconds. Add flour and mix well. Cook on HIGH for 20 to 30 seconds. Add milk gradually and stir well. Cook on HIGH for 2 to 3 minutes, stirring halfway through cooking. Add cheese, mustard, salt and pepper. Mix well. Pour sauce over broccoli and cook on MEDIUM for a further 1 minute.

Vegetable Casserole

Serves: 2 to 4

Ingredients:
1 onion, thinly sliced
1 carrot, thinly sliced
1 zucchini, thinly sliced
1/2 teaspoon ground coriander
1/4 teaspoon turmeric
1 chicken stock cube
3/4 cup hot tap water
1 tablespoon butter
1 tablespoon flour

Method:
Place onion, carrot, zucchini, coriander, turmeric, stock cube, water and butter in a 2-litre casserole dish. Cook covered on HIGH for 5 to 7 minutes. Drain the liquid into a small bowl and blend with the flour. Mix well. Stir the flour mixture through the vegetables and cook on HIGH for 2 to 3 minutes. Stir and serve.

Savoury Brussels Sprouts

Serves: 4

Ingredients:
250 g brussels sprouts
2 tablespoons butter
150 g bacon, rind removed and bacon finely chopped
1 onion, finely chopped
1 teaspoon dill or basil
1 teaspoon sugar

Method:
Wash and drain brussels sprouts. Cook in a covered 2-litre casserole dish on HIGH for 4 to 5 minutes. Drain. Place remaining ingredients in a 2-litre casserole dish. Cook on HIGH for 3 to 5 minutes. Add brussels sprouts and cook on HIGH for 1 to 2 minutes. Serve.

Cheesy Mashed Potatoes

Serves: 4

Ingredients:
500 g potatoes, peeled and quartered
1/4 cup water
1/4 cup milk
1 tablespoon butter
1/4 cup grated cheese
pinch nutmeg

Method:
Place potatoes and water into a 2-litre casserole dish. Cover and cook on HIGH for 6 to 10 minutes. Drain.
Mash potatoes with a potato masher. Add remaining ingredients except nutmeg. Mix well. Cook on HIGH for 1 minute, sprinkle with nutmeg. Stir well before serving.

Parmesan Asparagus

Serves: 2 to 4

Ingredients:
1 bunch asparagus spears
2 tablespoons water
1 tablespoon butter
1 clove garlic, crushed
1 tablespoon grated Parmesan cheese

Method:
Place asparagus and water in a 2-litre casserole dish. Cover and cook on HIGH for 2 to 4 minutes. Drain. Place butter and garlic in a small dish and cook on HIGH for 1 minute. Add drained asparagus and mix lightly. Cook on HIGH for a further 1 minute. Sprinkle Parmesan cheese over asparagus and serve.

Scallop Potatoes

Serves: 6 to 8

Ingredients:
1 kg old potatoes, peeled and finely sliced
2 tablespoons water
300 ml sour cream
1/4 cup milk
salt and pepper
paprika
1 tablespoon snipped chives

Method:
Place potatoes and water in a 3-litre dish. Cover. Cook on HIGH for 10 to 12 minutes. Drain. In a small bowl mix together sour cream, milk, salt and pepper. Pour over potatoes. Sprinkle with paprika and chives. Cook on HIGH for 5 to 7 minutes.

Stuffed Capsicums

Serves: 4

Ingredients:
4 medium sized green capsicums, remove tops and seeds
1 cup cooked rice
1/2 teaspoon mixed herbs
1 onion, finely chopped
1 cup finely chopped ham or chicken
1/4 cup cream
salt and pepper to taste
1/2 cup tasty Cheddar cheese, grated
paprika

Method:
Cook capsicums in a 2-litre covered casserole dish on HIGH for 5 to 7 minutes. Drain off excess water. Combine rice, herbs, onion, meat, cream, salt and pepper. Mix well. Fill capsicums. Top with grated cheese. Cook, uncovered, on HIGH for 3 to 5 minutes. Serve sprinkled with paprika.

Cabbage Ham and Onion

Serves: 6

Ingredients:
500 g cabbage, shredded
2 tablespoons water
1 onion, finely chopped
1 tablespoon butter
125 g ham, finely chopped
salt and pepper

Method:
Place cabbage and water in a 3-litre casserole dish. Cover and cook on HIGH for 8 to 10 minutes. Drain and set aside. Place onion and butter in a 1-litre casserole dish and cook on HIGH for 2 to 3 minutes. Add onion mixture and ham to cabbage and mix well. Return to oven and cook on HIGH for 2 to 3 minutes. Season with salt and pepper and serve.

Honey Glazed Carrots

Serves: 4 to 6

Ingredients:
500 g carrots (approx. 4)
2 tablespoons brown sugar
2 teaspoons butter
2 tablespoons honey

Method:
Peel and thinly slice carrots.
Combine all ingredients in a 2-litre casserole dish.
Cover and cook on HIGH for 6 to 8 minutes.
Stirring halfway through cooking. Serve.

Corn on the Cob

Serves: 4

Ingredients:
4 cobs corn
2 tablespoons butter
salt and pepper

Method:
Place corn cobs in a 3-litre casserole dish and dot with butter. Cook covered on HIGH for 10 to 12 minutes. Stand covered for 5 minutes. Season with salt and pepper.

Corn on the Cob

Potato Casserole

Serves: 4 to 6

Ingredients:
750 g peeled and sliced potatoes (approx. 6)
1/2 cup sour cream
3 shallots, finely chopped
1 small onion, thinly sliced
1/4 cup tasty Cheddar cheese, grated
2 rashers bacon, finely chopped

Method:
Layer potatoes, sour cream, shallots and onion in a 2-litre casserole dish. Top with cheese and bacon. Cover and cook on HIGH for 18 to 20 minutes. Stand covered for 5 to 10 minutes before serving.

Saute Mushrooms

Serves: 4 to 6

Ingredients:
1 tablespoon butter
400 g mushrooms
1 clove garlic, crushed
salt and pepper
2 tablespoons chopped parsley

Method:
Place butter in a 2-litre dish and cook on HIGH for 30 to 40 seconds. Add mushrooms, garlic, salt, pepper and parsley. Cover and cook on HIGH for 3 to 4 minutes. Stir halfway through cooking.

Lemon Asparagus spears

Serves: 2 to 3

Ingredients:
250 g fresh asparagus (1 bunch)
juice of 1/2 lemon
zest of 1 lemon
pepper to taste

Method:
Clean and trim asparagus spears. Place all the ingredients into a 2-litre casserole dish. Cover and cook on HIGH for 3 to 5 minutes.
Serve with hollandaise sauce.

Stuffed Tomatoes

Serves: 2

Ingredients:
2 tomatoes (large)
1/4 cup fresh breadcrumbs
1/2 cup grated cheese
4 shallots, finely sliced
1 tablespoon finely chopped parsley
salt and pepper
1/4 cup extra grated cheese

Method:
Cut tops off tomatoes. Scoop out pulp of tomato with a teaspoon. Mix with remaining ingredients, except extra cheese. Place tomatoes in a 1-litre dish. Cook on HIGH for 2 minutes. Spoon mixture back into tomato shells. Sprinkle tomatoes with extra cheese. Place tomatoes into a 2-litre casserole dish and cook on HIGH for 2 to 3 minutes. Serve.

Tip: To cook 4 stuffed tomatoes, cook on HIGH for 6 to 8 minutes.

Ratatouille

Serves: 4 to 6

Ingredients:
1 large eggplant, cubed
200 g mushrooms, sliced
1 can (410 g) tomatoes, roughly chopped
200 g squash/ zucchini, sliced
1/2 capsicum, seeded and cubed
1 onion, peeled and cut into petals
3 stalks celery, sliced
1/2 cup tomato puree
1 teaspoon mixed herbs
1 clove garlic, crushed

Method:
Place all prepared ingredients into a 3-litre casserole dish. Stir halfway through cooking.
Cook on HIGH for 12 to 14 minutes.

Tomato and Onion

Serves: 4

Ingredients:
600 g tomatoes, thinly sliced (approx. 3)
1 onion, thinly sliced
1/2 teaspoon basil
salt and pepper to taste

Method:
Place all ingredients into a 2-litre casserole dish. Cook covered on HIGH for 6 to 8 minutes. Serve with barbecued steak or grilled meat.

Directions for Cooking Rice and Other Grains by Microwave

Follow directions in chart for recommended dish size,amounts of water and cooking time. Add grain to boiling water. Add salt and butter according to package directions. Cook on HIGH for time recommended in chart. Allow to stand covered before serving. For special rice, substitute beef or chicken stock for water. Add cooked onion, mushrooms or crumbled bacon before serving

ITEM	CONTAINER	AMOUNT OF BOILING WATER	APPROX. TIME TO COOK GRAIN on HIGH (in minutes) UNCOVERED	STANDING TIME (in minutes)
RICE Brown (1 cup)	4-litre dish	4 cups	22 to 25	10
Long Grain (1 cup)	3-litre dish	1 1/2 cups	10 to 12	5
Short Grain (1 cup)	3-litre dish	1 1/2 cups	10 to 12	5
BARLEY (1 cup)	3-litre dish	4 cups	25 to 30	10 (then drain)

Directions for Cooking Pasta by Microwave

Follow directions in chart for recommended dish size, amount of water and cooking time. Boil water, with 1 teaspoon salt and 1 tablespoon oil. Add pasta and cook for times recommended in chart. Cook on HIGH. Test pasta for desired cooking before adding more time. Slightly under cook pasta that will be heated again in casserole. Stir and let stand, uncovered, 5 minutes.

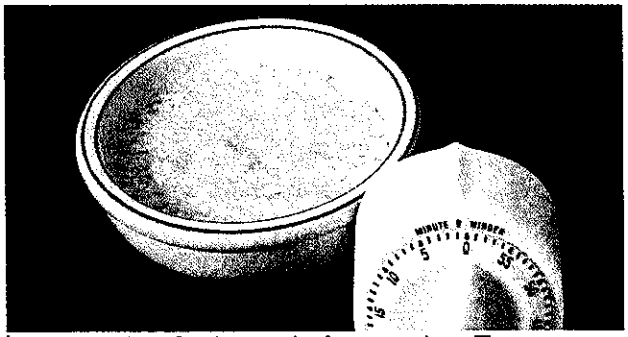
ITEM	CONTAINER	AMOUNT OF BOILING WATER	APPROX. TIME TO COOK PASTA on HIGH (in minutes) UNCOVERED	STANDING TIME (in minutes)
Egg Noodles medium width (250 g)	4-litre dish	6 cups	6 to 8	5
Elbow Macaroni (250 g)	3-litre dish	4 cups	8 to 10	5
Lasagna Noodles (250 g)	4-litre dish	6 cups	8 to 10	5
Spaghetti (250 g)	4-litre dish	4 cups	10 to 12	5
Specialty Noodles bows, shells, etc. (250 g)	4-litre dish	4 cups	8 to 10	5

Drain pasta after standing.

Directions for Cooking Hot Cereal by Microwave

Combine 1/4 cup of quick cooking oats, pinch salt and 2/3 cup hot tap water in a breakfast bowl.

Cook on HIGH for 2 to 3 minutes, stirring halfway through cooking.



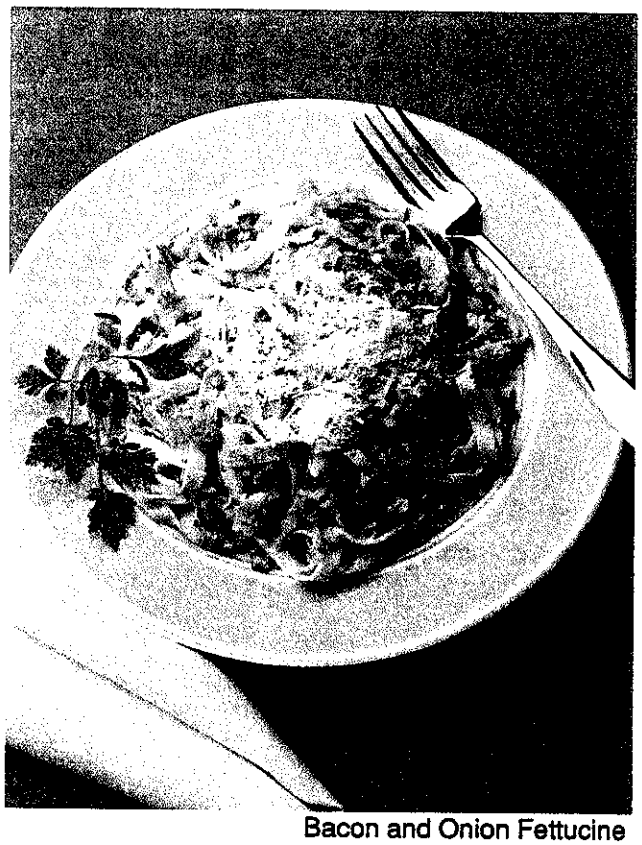
Let stand 1 to 2 minutes before serving. Top as desired.with sugar or spices.

Bacon and Onion Fettucine

Serves: 4

Ingredients:
250 g fettucine
4 cups hot tap water
1 tablespoon butter
1 onion, finely chopped
1 clove garlic, crushed
3 rashers bacon, rind removed and bacon chopped
1/4 cup cream
1 tablespoon grated Parmesan cheese
2 tablespoons finely chopped parsely
1/2 teaspoon freshly ground black pepper
1 tablespoon extra Parmesan cheese

Method:
Place fettucine and water in a 3-litre casserole dish. Cook on HIGH for 8 to 10 minutes. Stand covered for 2 minutes. Drain. Place butter in a 2-litre casserole dish and cook on HIGH for 30 seconds. Add onion, garlic and bacon and cook on HIGH for 5 minutes. Add cream, parmesan cheese, parsley, drained fettucine and seasonings and mix well. Cook on HIGH for 2 minutes. Serve sprinkled with extra Parmesan cheese.



Bacon and Onion Fettucine

Paella

Serves: 6 to 8

Ingredients:
500 g mussels
1/4 cup water
1 green capsicum, sliced
1 red capsicum, sliced
2 onions, sliced
1 clove garlic, crushed
2 tablespoons butter
2 cups long grain rice
1 can (440 g) peeled tomatoes, roughly chopped
1 cup hot chicken stock
pinch saffron powder
1 1/2 cups cooked diced chicken
200 g peeled green prawns

Method:
Place mussels and water into a 3-litre dish, cover and cook on MEDIUM-HIGH for 3 to 5 minutes. Set aside. Place capsicums, onions, garlic and butter into a 4-litre dish and cook on HIGH for 4 to 5 minutes. Add rice and stir well. Cook on HIGH for 2 to 4 minutes. Stir in tomatoes, hot chicken stock and saffron. Cook on HIGH for 16 to 18 minutes. Stir in chicken, prawns and mussels and cook on MEDIUM-HIGH for 4 to 6 minutes. Stand for 5 minutes before serving.

Stir Fried Rice

Serves: 4

Ingredients:
1 tablespoon vegetable oil
1 clove garlic, crushed
1 cm piece of green ginger, finely chopped
1 small carrot, finely chopped
1 stick celery, sliced
1/2 green or red capsicum, cut in strips
6 to 8 medium mushrooms, sliced
3 shallots, chopped
2 eggs
1 small can prawns (optional)
1 to 2 tablespoons soy sauce
2 cups cooked brown rice

Method:
Place oil, garlic and ginger in a large shallow dish and cook on HIGH for 1 to 2 minutes. Add carrot, celery and capsicum and cook a further 3 minutes on HIGH. Break eggs into a small dish, add pepper to taste, mix well and cook on MEDIUM-HIGH for 1 1/2 to 2 minutes. Slice into thin strips. Add eggs plus all remaining ingredients to vegetable mixture. Stir well and cook on HIGH for 3 to 5 minutes to heat thoroughly. Serve.

Note: 1 cup uncooked rice will yield 2 cups cooked.

Pilaf

Serves: 4 to 6

Ingredients:
30 g butter
1 onion, finely chopped
2 cups long grain rice
salt and pepper
4 cups boiling chicken stock
100 g cashew nuts
50 g sultanas

Method:
Melt butter in a 3-litre casserole dish on HIGH for 30 to 40 seconds. Add onion and cook on HIGH for 2 to 3 minutes or until softened. Add rice and seasonings. Stir. Cook on HIGH for 2 minutes or until rice becomes translucent. Pour over boiling stock and stir. Cook on HIGH for 14 to 16 minutes. Stir through cashews and sultanas. Serve hot with your favourite chicken dish.

Pilaf

Pesto and Egg Noodles

Serves: 6 to 8

Ingredients:
6 cups boiling water
250 g pkt egg noodles
2 cloves garlic, crushed
1/2 cup chopped fresh basil leaves
1 tablespoon pinenuts, finely chopped
1/2 cup grated Parmesan cheese
1 cup olive oil
salt and black pepper

Method:
Place water in a 3-litre casserole dish. Add egg noodles. Cook on HIGH for 6 to 8 minutes. Mix together garlic, basil, nuts and cheese. Gradually pour in olive oil, stirring constantly. Season and stir through drained noodles.

Tip: Olive oil may be added to the sauce by placing all ingredients into a food processor and pouring through the opening in a constant fine stream.

Popcorn

Serves: 2 to 4

Ingredients:
2 teaspoons butter
3 tablespoons popping corn

Method:
Place all ingredients in a loosely twisted oven bag. Place oven bag on an inverted microwave-safe plate.
Cook on HIGH for 1 1/2 to 2 minutes.
Remove from bag and serve sprinkled with salt.

Pasta Salad

Serves: 4

Ingredients:
225 g pasta shapes, i.e. shells, twists
1 teaspoon salt
6 cups boiling water
1 tablespoon oil
45 g butter
120 g mushrooms, sliced
4 shallots, finely chopped
1 small red capsicum, deseeded and cut in julienne strips
1 small green capsicum, deseeded and cut in julienne strips
140 ml salad oil
3 tablespoons malt vinegar
1 tablespoon tomato paste
1 teaspoon poppy seeds
2 teaspoons mixed dried herbs
cracked pepper to taste

Method:
Place pasta, salt, water and oil in a large bowl. Cook on HIGH for 8 to 10 minutes, then leave to stand, covered for 5 minutes. Drain and leave to thoroughly cool. Place the butter in a bowl and cook on HIGH 30 to 40 seconds to melt. Add the mushrooms and cook on HIGH for 1 1/2 to 2 minutes. Drain and leave to cool.
When pasta and mushrooms are thoroughly cold place in a large bowl with shallots and capsicum. Put the salad oil, vinegar, tomato paste, poppy seeds, herbs and cracked pepper in a screw topped jar. Shake to thoroughly combine. Pour over the pasta mixture and stir until all the ingredients are coated with dressing. Chill well before serving.

Summer Fruit Compote

Serves: 2 to 3

Ingredients:

1/2 cup sugar
1 cup water
2 peaches
2 nectarines
100 g raspberries
100 g blueberries
2 passionfruit

Method:
Mix sugar and water in a 4-litre dish and cook on HIGH for 4 minutes, stirring every minute. Set aside. Remove skin and stones from peaches and nectarines, cut in half, reserve the peels. Wash berries, set aside. Remove pulp from passionfruit and set aside. Place peach and nectarine pieces into syrup and place into a serving bowl. Add berries to syrup and cook on HIGH for 1 to 2 minutes. Remove and add to serving bowl. Add peels and passionfruit pulp to syrup and cook on HIGH for 4 to 5 minutes until slightly reduced. Strain and pour over fruit. Serve hot or cold.

Wholemeal Damper Loaf

Makes: 1 loaf

Ingredients:
1 1/3 cups plain flour
1 1/3 cups wholemeal flour
60 g butter
1/2 teaspoon salt
2 teaspoons baking powder
2 teaspoons golden syrup
300 ml milk
1 teaspoon cracked peppercorns
1 teaspoon mixed dried herbs

Method:
Place all dry ingredients in a large bowl. Rub butter into dry ingredients with fingertips until mixture resembles fine breadcrumbs. Add remaining ingredients and mix well. Place mixture into a greased 22 cm x 11 cm loaf pan. Cook on MEDIUM-HIGH for 10 to 12 minutes uncovered. Allow to stand for 5 to 10 minutes before turning out.

Stewed Dried Fruit

Serves: 6

Ingredients:
200 g dried apricots or prunes
2 tablespoons sugar (optional)
2 cups water

Method:
Combine all ingredients in a 2-litre covered casserole dish. Cook on HIGH for 6 to 8 minutes. Stand for 5 minutes. Stir and strain, serve fruit warm or cold.

Shortbread Biscuits

Makes: 24 biscuits

Ingredients:
125 g butter
4 tablespoons icing sugar
60 g self-raising flour
60 g plain flour
60 g cornflour
1 tablespoon milk

Method:
Cream butter and icing sugar until light and fluffy. Add flours and milk to mixture and mix until well combined. Pinch off small amounts of mixture and roll into balls. Place approximately 8 balls at a time onto a dinner plate in a circular pattern. Cook on MEDIUM-HIGH for 1 minute and 45 seconds to 2 minutes. Allow to cool slightly before removing and cooling completely on a wire rack.

Basic Pie Crust

Makes: 1 x 20 cm pie shell

Ingredients:
2 cups plain flour
125 g butter cut into pieces
2 eggs, lightly beaten

Method:
Sift flour into a bowl, add butter and rub in until mixture resembles fine breadcrumbs. Make a well in the centre, add eggs cutting through with a bread and butter knife, lightly knead. Roll out pastry to fit a 20 cm pie plate. Line the pie plate with pastry and prick several times with a fork. Weight the pastry with rice or similar to hold it flat whilst cooking. Cook on MEDIUM for 6 to 8 minutes elevated on a small rack. Use as required.

Scones

Makes: 8

Ingredients:
2 cups self-raising flour
1 tablespoon sugar
pinch salt
60 g butter
3/4 cup milk
1 tablespoon butter

Method:
Preheat a browning dish on HIGH for 5 to 7 minutes. sift flour, sugar and salt in a large mixing bowl. Rub butter into flour until it resembles fine bredcrumbs. Make a well in the centre, add milk and mix to form a soft dough. Pat dough out to a 3 cm thickness and cut out with a scone cutter. Add butter and scones to browning dish. Cook on HIGH for 2 minutes. Turn and cook on HIGH a further 2 to 3 minutes. Serve with jam and cream.

Quick Mix Chocolate Cake

Serves: 4 to 6

Ingredients:
1 cup self-raising flour
1 cup castor sugar
2 tablespoons cocoa
3 tablespoons butter, softened
2 eggs
1/3 cup milk

Method:
Sift all dry ingredients into a bowl, add butter, eggs and milk. Beat with a wire whisk for 1 to 2 minutes. Grease a 2-litre plastic ring mould and line with paper towel. Pour mixture into mould and cook on MEDIUM-HIGH for 5 to 7 minutes. Stand covered for 5 minutes before turning out. Cool on a wire rack.

Tip: To soften butter cook on HIGH for 10 to 15 seconds.

Sultana Cake

Serves: 4 to 6

Ingredients:
100 g butter
1 cup sultanas
1 cup brown sugar
1 cup milk
1 egg, beaten
1/2 teaspoon baking soda
2 cups self-raising flour

Method:
Place butter, sultanas, brown sugar and milk in a heat resistant mixing bowl. Cook on HIGH for 3 to 4 minutes. Stir halfway through cooking. Allow to cool. Add egg, baking soda and flour. Pour batter into a base lined 20cm soufflé dish. Cook on MEDIUM for 10 to 12 minutes. Allow to cool loosely covered with plastic wrap on a wire rack.

Quick Mix Buttercake

Serves: 4 to 6

Ingredients:
125 g butter
1/2 cup milk
2 eggs
1 cup castor sugar
1 teaspoon vanilla essence
1 cup self-raising flour
4 tablespoons custard powder

Method:
Place butter in a bowl and cook on HIGH for 60 to 90 seconds. Add milk, eggs, sugar and vanilla and mix well. Sift flour and custard powder and add to butter mixture, mix until smooth. Grease and line a deep 20 cm round dish. Pour batter into dish and cook on MEDIUM for 8 to 10 minutes. Stand covered for 5 minutes before turning out. Cool on a wire rack.

Mocha Carrot Cake

Serves: 4 to 6

Ingredients:
1 cup self-raising flour
1/2 teaspoon bicarbonate of soda
1/2 cup castor sugar
1/2 crushed pineapple
1 cup grated carrot
3/4 cup chopped pecan nuts
60 g chocolate
2 eggs
1/3 cup oil

Icing
60 g cream cheese
20 g butter
1 1/2 cups icing sugar
1 tablespoon lemon juice
1/4 cup chopped pecan nuts

Method:
In a bowl place flour, bicarbonate of soda, sugar, pineapple, carrot and pecan nuts. Place chocolate into a small bowl and cook on MEDIUM-HIGH for 40 to 60 seconds, stir halfway through.
Add chocolate, eggs, and oil to flour mixture and mix until well combined. Grease a microwave safe ring dish and cook on MEDIUM-HIGH for 6 to 8 minutes. Allow to stand covered for 5 minutes before turning out to cool. Beat together all icing ingredients except pecan nuts. Spread icing over cooled cake and sprinkle with pecan nuts.

Strawberry Mousse

Serves: 4 to 6

Ingredients:
1/4 cup water
2 teaspoons powdered gelatine
100 g white chocolate
1 punnet strawberries
2 eggs yolks
180 ml cream

Method:
Place water in a small bowl, sprinkle with gelatine. Heat on MEDIUM for 1 minute to dissolve, do not boil. Break chocolate into small pieces and place into a small bowl, melt on MEDIUM-HIGH for 1 to 1 1/2 minutes. Allow to cool slightly. Process strawberries or sieve to a puree.
Combine egg yolks with cream, add cooled chocolate and gelatine and fold lightly. Gently fold strawberries into mixture. Pour into individual ramekins or one large mould and refrigerate for 2 to 3 hours or until set.

Boiled Fruit Cake

Serves: 6 to 8

Ingredients:
1 can (435 g) crushed pineapple and juice
500 g mixed dried fruit
1 tablespoon sherry
1 cup brown sugar
125 g butter
1 cup plain flour
1 cup self-raising flour
1 teaspoon mixed spice
1 teaspoon baking soda
2 eggs, lightly beaten
1/4 cup extra sherry or brandy

Method:
Combine pineapple, fruit, sherry, sugar and butter in a 2-litre casserole dish. Cook on HIGH for 4 to 6 minutes. Stand till cool. Fold in flours, spice, baking soda and beaten eggs. Place batter in a base lined 20 cm soufflé dish. Cook on MEDIUM for 16 to 18 minutes. Turn out and sprinkle with extra sherry or brandy. Cover loosely with plastic wrap and allow to cool.

Lemon and Pineapple Cheesecake

Serves: 6 to 8

Ingredients:
125 g butter
180 g sweet plain biscuits, crushed
250 g cream cheese, softened
1/3 cup sugar
juice and rind of 1 lemon
2 eggs
1/3 cup flour
1 can (450 g) crushed pineapple, drained

Method:
Place butter in a 1-litre dish and cook on HIGH for 1 minute. Add biscuit crumbs mix well. Press mixture into a 23 cm pie plate. Refrigerate while making filling. Place cream cheese into a mixing bowl, add sugar mix well. Add juice and rind of lemon, eggs and flour, mix well. Fold through pineapple. Pour filling into chilled biscuit base. Elevate pie dish and cook on MEDIUM for 10 to 12 minutes. Refrigerate for several hours before serving.

Cup Cakes

Makes: 18

Ingredients:
1 cup self-raising flour
1/4 cup castor sugar
1 tablespoon cornflour
1 egg
1/4 cup vegetable oil
1/4 cup milk
1 teaspoon vanilla essence

Method:
Sift dry ingredients into a large bowl. Make a well in the centre. Mix remaining ingredients together and pour in centre. Mix until well combined. Place 6 patty cases into a 6 cup-cake baker. Pour spoonfuls into patty cases.
Cook on MEDIUM-HIGH for 1 to 1 1/2 minutes. Lift out and cool on a wire rack. Repeat above procedure until all mixture is used.

Note: A patty cake baker is a round container with holes for patty cakes. This can be purchased at any leading department store.

Banana Loaf

Serves: 4 to 6

Ingredients:
90 g butter
3/4 cup brown sugar
1 egg
2 ripe bananas, mashed well
3/4 cup grated carrot
1 1/2 cups self-raising flour
1/3 cup milk

Method:
Cream butter and sugar until light and fluffy. Add egg and beat well. Add banana and carrot. Add sifted flour and milk to mixture alternately. Mix until well combined. Grease and line with paper towel a 20 cm x 10 cm loaf dish. Pour batter into dish and cook on MEDIUM for 15 to 18 minutes. Stand covered with plastic wrap for 5 minutes before turning onto a wire rack to cool.

Tip: To prevent corners from overcooking, cover ends carefully with foil.

Pears with Caramel Sauce

Serves: 6 to 8

Ingredients:
Filling
1/2 cup dried apricots
1/4 cup currants
1/4 cup slivered almonds
1 tablespoon brown sugar
2 tablespoons peanut butter

Sauce
2 tablespoons butter
1/3 cup brown sugar
125 ml cream
3 teaspoons cornflour
1 tablespoon water
4 pears
juice of 1/2 lemon

Method:
Place all filling ingredients into a small bowl and mix well. Place butter and brown sugar into a large jug and cook on MEDIUM-HIGH for 2 minutes. Beat in cream. Combine counflour and water and stir into sauce, cook on MEDIUM-HIGH for 3 minutes, stir halfway through. Peel and cut pears in half, remove cores and brush with lemon juice. Place pears onto a large flat dish. Divide filling mixture evenly and spread over pears. Pour sauce over and cook on MEDIUM-HIGH for 3 to 5 minutes.

Butterscotch Custard and Fruit

Serves: 6

Ingredients:
400 g apples, peeled, cored and sliced
1/2 cup chopped dried apricots
1/2 teaspoon cinnamon
Custard:
1/2 cup brown sugar
2 tablespoons custard powder
1 cup milk
2 tablespoons butter
1 egg, lightly beaten
2 tablespoons toasted slivered almonds

Method:
Combine fruit and cinnamon. Place into 6 individual ramekin dishes. Set aside. Combine sugar and custard powder. Gradually stir in milk and cook on HIGH for 2 to 3 minutes, stirring halfway through cooking. Add butter and egg and beat until smooth. Pour equal amounts of custard over fruit and sprinkle with almonds. Cook on HIGH for 4 to 6 minutes.

Baked Apples

Serves: 4

Ingredients:
4 large cooking apples
3 tablespoons butter
4 tablespoons brown sugar
100 g chopped raisins
2 tablespoons chopped pecans
4 tablespoons golden syrup

Method:
Core and score the skin around the middle of the apple. Cream butter and sugar until soft. Add raisins and pecans. Fill the centre of the apples with stuffing. Place into shallow casserole dish. Pour a tablespoon of golden syrup over each apple. Cook on HIGH for 8 to 10 minutes, or until soft. Stand 2 to 3 minutes before serving..

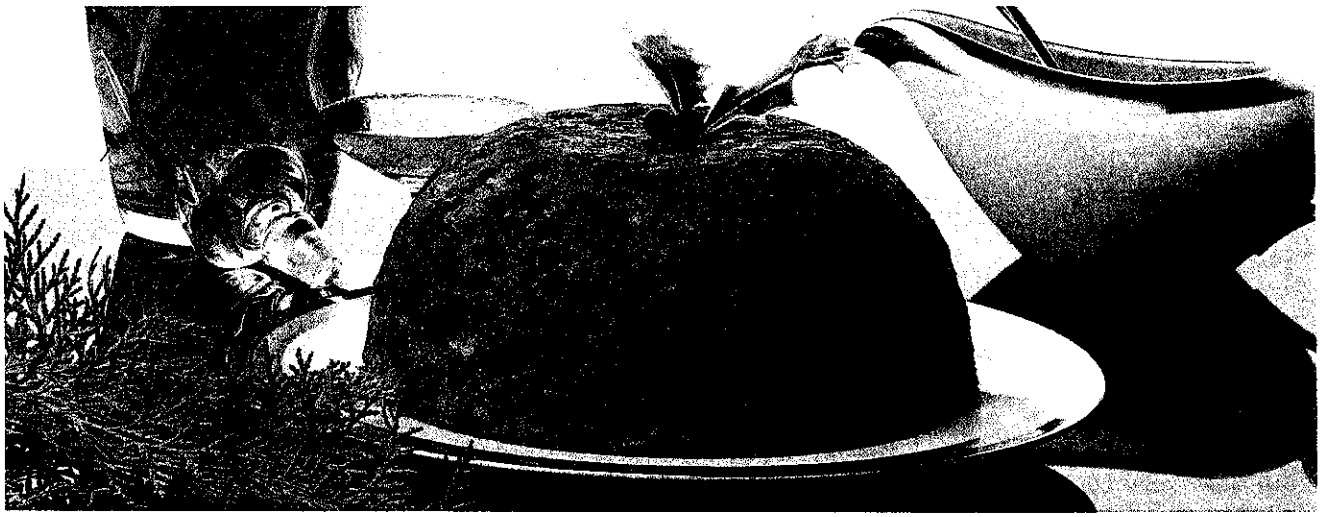
Chocolate Mousse

Serves: 4

Ingredients:
125 g dark chocolate
1 tablespoon brandy
2 eggs, separated
300 ml cream, whipped

Method:
Break chocolate into small pieces. Place in a microwave safe bowl and cook on MEDIUM-HIGH for 1 minute. Add brandy and egg yolks and beat until smooth. Fold cream into chocolate mixture. Beat egg whites until stiff peaks form, fold into chocolate mixture and spoon into one large or 4 individual serving dishes. Refrigerate until set.

Butterscotch Custard and Fruit



Christmas Pudding

Christmas Pudding

Serves: 10 to 12

Ingredients:
250 g sultanas
250 g raisins, chopped
125 g currants
125 g dates, chopped
100 g mixed glacé fruit, chopped
100 g glacé cherries
60 g mixed peel
1/2 cup brandy
250 g butter
250 g brown sugar
4 eggs
1 cup flour
1/2 teaspoon ground ginger
1/2 teaspoon nutmeg
1/2 teaspoon cinnamon
1/2 teaspoon allspice
1 tablespoon golden syrup
1 tablespoon parisienne essence
1 1/2 cups fresh breadcrumbs
1 cup canned apples

Method:
Place fruit in a large mixing bowl and pour over brandy. The fruit can be soaked overnight for added flavour. Cream butter and sugar in a large mixing bowl until light and fluffy. Add eggs one at a time beating gently after each addition. Add sifted flour and spices, golden syrup, parisienne essence, breadcrumbs and apples. Mix well. Add cake mixture to fruits and fold until well combined. Grease 2.5-litre pudding bowl and line with 2 strips of greaseproof paper to form a cross in the base of the bowl. Pour mixture into the bowl and smooth over top. Cook on MEDIUM-LOW for 40 minutes. Shield edges with strips of foil secured with string, and continue to cook on MEDIUM-LOW for 30 minutes. Stand loosely covered for 10 minutes before serving.

Steamed Jam Pudding

Serves: 4

Ingredients:
2 tablespoons jam
100 g butter
2/3 cup castor sugar
2 eggs
3/4 cup self-raising flour
1/4 cup milk

Method:
Grease a 20 cm round soufflé dish. Spoon jam in bottom of dish. Cream butter and sugar until light and fluffy. Add eggs one at a time, beating well after each addition. Fold in flour alternately with milk and mix until well combined. Pour mixture over jam. Smooth top. Cook on MEDIUM for 6 to 8 minutes. Stand covered for 5 minutes before turning out to serve.

Apple Crumble

Serves: 4

Ingredients:
4 medium sized apples, peeled cored and sliced
1/4 teaspoon cinnamon
1 tablespoon brown sugar
1 1/2 cups plain flour
1/4 cup coconut
1/2 cup brown sugar
100 g butter
1/4 cup chopped nuts

Method:
Place apples into a 1-litre dish, sprinkle with cinnamon and sugar. In a separate bowl combine flour coconuts and brown sugar, rub in butter. Place flour mixture on top of apples and sprinkle with nuts. Cook on HIGH for 6 to 8 minutes. Serve hot or cold.

Henry Bars

Makes: 15 bars

Ingredients:
2 cups quick cooking oats
125 g butter
1/2 cup brown sugar
1/4 cup golden syrup

Topping:
1/3 cup chocolate chips
1 tablespoons peanut butter

Method:
Place oats and butter in a bowl and cook on HIGH for 3 minutes. Add sugar and golden syrup and cook on HIGH for 1 minute. Spread evenly into a greased 20 cm square dish. Place chocolate chips into a bowl and cook on MEDIUM-HIGH for 1 minute. Add peanut butter and mix well. Spread evenly over base and chill. Cut into bars.

American Chocolate Slice

Makes: 12 large squares

Ingredients:
125 g butter
1 cup flour
3/4 cup coconut
1/4 cup sugar
1 tablespoon cocoa
1 teaspoon bicarbonate of soda

Topping:
30 g butter
1 cup icing sugar
1 cup coconut
1 tablespoon cocoa
1 1/2 tablespoons water

Method:
Grease a 20 cm square dish. Place butter in a mixing bowl and cook on HIGH for 1 minute. Add flour, coconut, sugar, cocoa and bicarbonate of soda and mix well. Spread into prepared dish and cook on MEDIUM for 5 to 7 minutes.

Topping:
Cream butter and icing sugar until light and fluffy. Add coconut and cocoa. Mix well. Add water and mix well. Spread over base whilst still warm and cut into squares. Cool.

Note: The topping is of a firm consistency.

Rocky Road

Makes: 1 x 20 cm square slice

Ingredients:
250 g dark or milk chocolate
40 g copha
250 g packet marshmallows, halved
1 cup unsalted peanuts
1 1/2 cups flaked coconut
60 g glace cherries, halved

Method:
Melt chocolate and copha in a large bowl on MEDIUM-HIGH for 2 to 3 minutes. Add remaining ingredients and mix well. Pour into a greased 20 cm square pan and refrigerate until set. Cut or break into pieces to serve.

Muesli Slice

Makes: 20 squares

Ingredients:
125 g butter
1 cup brown sugar
3 tablespoons honey
2 cups natural muesli
1 cup coconut
1/2 cup sultanas
50 g dark cooking chocolate, melted

Method:
Combine butter, sugar and honey in a 2-litre dish and cook on HIGH for 1 to 2 minutes. Add muesli, coconut and sultanas, mix well. Press into an 18 cm x 28 cm flat dish. Cook on MEDIUM-HIGH for 4 to 6 minutes. Mark into squares and cool in dish. When cool drizzle with melted chocolate.

Date and Walnut Fudge

Makes: 25 slices

Ingredients:

250 g sweet biscuits, crushed
50 g walnuts, chopped
100 g dates, chopped
2 teaspoons cocoa
2 teaspoons coffee powder
175 g dark chocolate, broken into pieces
1 can (400 g) condensed milk
1 teaspoon vanilla essence

Method:
Grease and line a 20 cm square dish. Mix biscuit crumbs, walnuts and dates in a bowl. Place remaining ingredients in a separate bowl and cook on MEDIUM-HIGH for 2 to 3 minutes. Stir well. Pour melted mixture into dry ingredients and mix well. Press mixture into prepared dish. Smooth top and chill until set. Cut into squares.

Chocolate Nut Fudge

Makes: 1 x 18 cm square tray

Ingredients:
200 g dark chocolate, chopped
40 g butter
1 can (400 g) condensed milk
3/4 cup icing sugar, sifted
1 cup brazil nuts, chopped

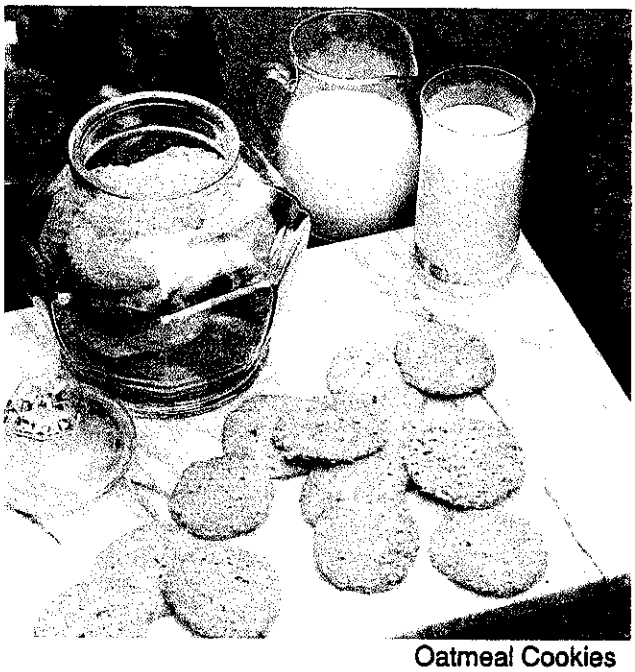
Method:
Place chocolate, butter and condensed milk in a 2 litre jug. Cook on MEDIUM-HIGH for 2 minutes. Mix well. Add icing sugar and continue to cook on MEDIUM-HIGH for 5 to 7 minutes. Stir mixture regularly to prevent mixture from boiling over. Add nuts and place in a greased 18 cm square pan. Refrigerate and cut into squares when cold.

Chocolate and Coffee Truffles

Makes: approximately 24

Ingredients:
1 cup icing sugar
4 tablespoons cocoa
1 tablespoon instant coffee powder
60 g plain sweet biscuits, crushed
60g copha
1 teaspoon vanilla essence
1/2 cup condensed milk
chocolate sprinkles

Method:
Sift icing sugar, cocoa and coffee into a bowl. Add biscuits and mix until well combined. Place copha in a small bowl and cook on HIGH for 1 1/2 to 2 minutes. Cool copha slightly and add to dry ingredients. Mix well. Add vanilla and condensed milk, combine until mixture is thick. Chill for 30 minutes. Pinch off pieces to from balls slightly smaller than a walnut shell. Roll in chocolate sprinkles and chill.



Oatmeal Cookies

Nutty Muffins

Makes: 12

Ingredients:
1 cup self-raising flour
1/3 cup brown sugar
1 cup wheatgerm
1 egg
1/4 cup peanut butter
3/4 cup milk
1 tablespoon oil
12 whole pecan nuts

Method:
Sift flour in a bowl, add sugar and wheatgerm. Mix well. Add egg, peanut butter, milk and oil, and mix until well combined. Drop tablespoonsful of mixture into patty cases in a 6-cup cake baker. Top each muffin with a pecan nut. Cook on MEDIUM-HIGH for 1 1/2 to 2 1/2 minutes. Repeat until all mixture is used.

Bran Muffins

Makes: 12

Ingredients:
2 cups bran flakes
1/2 cup flour
1 teaspoon bicarbonate of soda
1 teaspoon baking powder
1/2 teaspoon salt
1/2 cup golden syrup
1 egg, beaten
1 cup milk

Method:
Combine dry ingredients. Warm golden syrup on HIGH for 30 seconds then add to beaten egg and milk. Pour wet mixture into dry ingredients and mix to combine. 2/3 fill patty pans. Cook on HIGH for 2 to 2 1/2 minutes.

Oatmeal Cookies

Makes: approximately 48 cookies

Ingredients:
125 g butter
1 cup brown sugar
1 egg
1/2 teaspoon cinnamon
3/4 cup plain flour
1 teaspoon baking powder
1 1/2 cups rolled oats

Method:
Cream butter and sugar until light and fluffy. Add egg and mix well. Fold in remaining ingredients and mix well. Place teaspoonsful of mixture onto a large greased heatproof dinner plate (approximately 6 at a time). Cook on MEDIUM-HIGH for 1 minute and 15 seconds to 1 minute and 30 seconds. Allow to cool slightly on plate before removing and completely cooling on a wire rack.
Repeat above procedure until all mixture is used.

Strawberry Liqueur

Makes: 750 ml

Ingredients:
500 g sugar
500 g washed and hulled strawberries
600 ml brandy or whisky

Method:
Place sugar and strawberries in a 4-litre dish. Stir well. Cook on HIGH for 15 minutes. Stir halfway through cooking. Stir in brandy or whisky. Pour into an airtight container. Store refrigerated for 2 to 3 months. Serve in liqueur glasses or as a tall drink with ice cubes and soda water.

Spicy Chocolate Drink

Coffee Liqueur

Makes: 750 ml

Ingredients:
1 1/2 cups hot tap water
2 cups sugar
1/3 cup freeze dried coffee
3 teaspoons vanilla essence
2 cups vodka

Method:
Pour water into a 4-litre casserole dish. Add remaining ingredients except vodka and stir well. Cook on MEDIUM for 30 to 35 minutes. Cool slightly and mix in vodka. Pour into an airtight container and stand for 4 days before serving. Serve in liqueur glasses.

Spicy Chocolate Drink

Serves: 2

Ingredients:
2 teaspoons coffee powder
2 teaspoons drinking chocolate
1/2 teaspoon cinnamon
2 teaspoons sugar
2 cups milk

Method:
Blend coffee, drinking chocolate, cinnamon and sugar in a 4-cup heatproof jug. Gradually stir in milk. Cook on MEDIUM for 6 minutes. Pour into coffee mugs. Decorate with whipped cream or a marshmallow if desired.

Irish Coffee

Serves: 1

Ingredients:
3/4 cup ready made coffee
1 nip whisky
whipped cream

Method:
Place coffee and whisky in a cup. Heat on HIGH for 1 1/2 to 2 minutes, until nearly boiling. Pipe whipped cream on top and serve.

Note: 2 cups will take approximately 3 minutes to heat.

Peppermint Cooler

Serves: 4

Ingredients:
3 peppermint tea bags
4 cups cold water
juice of 1/2 lemon
ice blocks
4 slices of lemon or lime
mint leaves to garnish

Method:
Place teabags and water in a large jug. Cook on HIGH for 10 to 12 minutes. Stand for 2 to 3 minutes then discard teabags. Cool. Add lemon juice. Refrigerate until well chilled. Serve in long glasses with iceblocks. Garnish with lemon or lime slices and mint leaves.

Stirred Custard

Lemon Butter

Makes: 1 cup

Ingredients:
Grated rind and juice of 3 lemons
1/3 cup sugar
3 egg yolks
1 tablespoon butter
1 tablespoon cornflour

Method:
Blend all ingredients in a 4-cup glass jug.
Cook on MEDIUM for 3 minutes, stirring every minute.
Pour into hot sterilised jars and seal immediately.

Tomato Chutney

Makes: 3 cups

Ingredients:
250 g onion, finely chopped
1 1/2 kg ripe tomatoes, skins removed and tomatoes chopped
1 teaspoon salt
1 teaspoon paprika
pinch cayenne pepper
150 ml malt vinegar
175 g sugar

Method:
Place onions in a 3-litre dish. Cover and cook on HIGH for 4 to 5 minutes. Add tomatoes and cover and cook on HIGH for 5 to 6 minutes. Add salt, spices and vinegar. Stir well and cook on HIGH for 10 minutes, stirring halfway through cooking. Add sugar, stir well and cook on HIGH for 35 to 40 minutes, stirring occasionally. Pour into sterilized jars and seal.

Stirred Custard

Makes: Approximately 750 ml

Ingredients:
3 tablespoons sugar
2 tablespoons custard powder
1 1/2 cups milk
2 egg yolks, lightly beaten
1 teaspoon vanilla essence

Method:
Combine sugar and custard powder in a 4-cup jug. Gradually stir in milk until smooth. Cook on MEDIUM for 4 to 5 minutes, stirring halfway through cooking. Add egg yolks and mix well. Cook on MEDIUM for a further 30 to 60 seconds. Add vanilla, stir well and serve.

Fruit Mince

Serves: 4

Ingredients:
250 g mixed dried fruit
1 can (440 g) crushed pineapple and juice
1 cooking apple peeled, cored and grated
1 cup brown sugar
1 tablespoon brandy
1 teaspoon nutmeg
1 teaspoon cinnamon
1 tablespoon cornflour
1/4 cup water

Method:
Combine all ingredients except cornflour and water in a 2-litre casserole dish. Cook on MEDIUM-HIGH for 3 to 5 minutes. Blend cornflour with water and stir into fruit mixture. Cook on HIGH for 4 to 6 minutes. Stir.
Cool, bottle and seal, or use immediately.

Cucumber Pickle

Ingredients:
2 cucumbers
2 onions, chopped
2 tablespoons salt
250 ml malt vinegar
2/3 cup sugar
1/2 teaspoon celery seeds
1/2 teaspoon mustard seeds

Method:
Wash cucumbers and remove ends, dice (do not peel). Place cucumber in a bowl, add onion and sprinkle with salt. Stand overnight. Rinse and drain cucumbers and onions. Pack into sterilised jars. Place remaining ingredients in a jug and cook on HIGH for 2 minutes. Stir and cook on HIGH for a further 5 minutes. Pour liquid over cucumber and seal. Keep for 4 weeks before opening.

Cheese Sauce

Makes: 1 1/2 cups

Ingredients:
2 tablespoons butter
2 tablespoons flour
1 1/4 cups milk
salt and pepper
1/2 cup grated tasty cheese

Method:
Melt butter in a 2-cup jug on HIGH for 1 minute. Add flour and mix well. Gradually stir in milk, salt and pepper.
Cook on HIGH for 3 to 4 minutes. Stirring halfway through cooking.
Add cheese and cook on HIGH for a further 1 to 2 minutes. Stir and serve with the vegetable of your choice.

Caramel Sauce

Makes: 1 cup

Ingredients:
1 can (400 g) condensed milk
20 g butter
1/4 cup firmly packed brown sugar
2 tablespoons golden syrup
200 ml cream

Method:
Combine all ingredients in a 4-cup jug. Mix well. Cook on MEDIUM-HIGH for 3 to 5 minutes, stirring halfway through cooking. Serve over ice-cream.

Chocolate Macadamia Nut Sauce

Makes: Approximately 1 cup

Ingredients:
200 g dark chocolate
1/2 cup cream
1/4 cup macadamia nuts, chopped finely

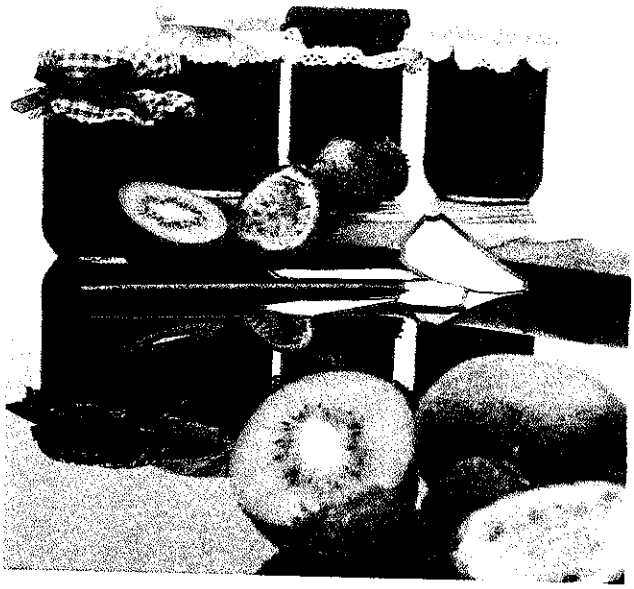
Method:
Place chocolate and cream in a 500 ml pyrex jug, melt on HIGH for 1 to 2 minutes. Add nuts and serve hot over ice cream.

Strawberry Jam

Makes: Approximately 600 ml

Ingredients:
1 kg strawberries, washed and hulled
1 kg castor sugar
pectin, if required

Method:
Place strawberries in a 4-litre casserole dish. Cover and cook on HIGH for 5 minutes. Stir in sugar and pectin if required. Cook on MEDIUM-HIGH for 35 to 40 minutes, stirring every 10 minutes. Cool and bottle in sterilised jars. Seal.



Jam

Orange Marmalade

Makes: 3 cups

Ingredients:
700 g oranges
1 lemon
water
3 cups sugar, warmed

Method:
Wash fruit. Cut fruit in half, reserve seeds, squeeze juice from fruit and set aside. Remove rind from fruit being careful not to include white pith. Cut rind into fine strips. Set aside. Pour fruit juice into a 4-cup jug. Add enough water to make 3 cups of liquid. Add seeds. Cover and cook on HIGH for 20 minutes. Strain.Add sugar to mixture and rind, mix well and cook on HIGH for a further 30 minutes or until marmalade has set. Pour into clean sterilised jars. Seal.

Tip: To warm sugar – Place sugar in a 2-litre casserole dish and cook on HIGH for 1 to 1 1/2 minutes.

Sweet Apricot Jam

Ingredients:
750 g dried apricots, cut in quarters
1800 ml water
1.3 kg sugar
2 tablespoons pectin

Method:
Place apricots and water in a 4-litre casserole dish. Cover and allow to stand overnight. Add sugar to apricots and water. Cover and cook on HIGH for 25 to 30 minutes, stirring halfway through cooking. Remove lid, add pectin, stir well. Cook on HIGH for a further 25 to 30 minutes, stirring halfway through cooking. Allow to cool slightly before pouring into sterilised jars. Seal.

Spaghetti Meat Sauce

Serves: 4 to 6

Ingredients:
500 g minced beef
1 small onion, chopped
1 clove garlic, crushed
3/4 cup thinly sliced mushrooms
1 can (425 g) tomatoes, chopped
1 cup tomato paste
2 beef stock cubes
2 tablespoons finely chopped parsley
1 tablespoon worcestershire sauce
1/2 teaspoon salt
1 teaspoon brown sugar
1/2 teaspoon pepper
1 bay leaf

Method:
In a 3-litre casserole dish, combine minced beef, onion, garlic and mushrooms. Cover and cook on MEDIUM-HIGH for 8 to 10 minutes. Drain off fat. Add remaining ingredients and mix well. Cover and cook on MEDIUM-HIGH for 25 to 30 minutes, stirring halfway through cooking.
Serve with spaghetti.

Hollandaise Sauce

Makes: 3/4 cup

Ingredients:
60 g butter
2 tablespoons lemon juice
2 egg yolks
1/4 cup cream
1/2 teaspoon mustard
1/4 teaspoon salt

Method:
Place butter in a 2-cup jug, cook on HIGH for 40 seconds. Add lemon juice, egg yolks and cream, mix well. Cook on MEDIUM for 60 to 90 seconds. Add mustard and salt, mix until smooth. Serve with eggs, vegetables or fish dishes.

Mint Sauce

Ingredients:

1/4 cup water
1 tablespoon sugar
2 tablespoons brown vinegar
2 tablespoons mint, finely chopped

Method:
Combine all ingredients in a 1-cup jug. Cook on HIGH for 30 to 60 seconds. Stir well and serve with Roast Lamb.

Lemon Sauce

Ingredients:
1 tablespoon butter
1/2 cup sugar
1 cup water
2 tablespoons cornflour
1/2 teaspoon grated lemon rind
2 tablespoons lemon juice

Method:
In a 4-cup glass jug heat butter on HIGH for 20 to 30 seconds. Stir in sugar, water, cornflour, lemon rind and juice. Mix well. Heat on HIGH for 3 to 4 minutes, stirring after cooking. Serve hot with chicken pieces or pork.

Brandy Sauce

Ingredients:
2 tablespoons butter
2 tablespoons cornflour
3 tablespoons sugar
2 tablespoons golden syrup
1 cup milk
1/4 cup brandy

Method:
In a 4-cup glass jug, melt butter on HIGH for 30 to 40 seconds. Blend in cornflour, sugar and golden syrup and cook on HIGH for 1 minute. Add milk gradually and cook on MEDIUM-HIGH for 3 to 4 minutes, stirring after 2 minutes. Stir in brandy. Serve hot with fruit or Christmas pudding.

Mushroom Sauce

Makes: 1 1/2 cups

Ingredients:
3 tablespoons margarine or butter
2 tablespoons flour
1 teaspoon soy sauce
3/4 cup cream
salt and pepper to taste
1/2 teaspoon curry powder
1 can (190 g) drained mushrooms or fresh mushrooms, sliced

Method:
Place butter or margarine in a 4-cup glass jug. Cook on HIGH for 40 seconds. Add flour and soy sauce. Blend to a smooth paste. Add cream and stir until smooth. Add seasonings and mushrooms. Cook on HIGH for 2 to 3 minutes, stirring every 1 minute. Serve on toast or as accompaniment to meats. Sauce can be reheated on HIGH for 30 to 60 seconds.